

# Boy's Indoor Top Ten Records

|     | <b><u>55 Hurdles</u></b>              | <b><u>200 M Hurdles</u></b>            | <b><u>55 Meter Dash</u></b>               | <b><u>200 Meter Dash</u></b>               |
|-----|---------------------------------------|----------------------------------------|-------------------------------------------|--------------------------------------------|
| 1.  | <b>8.08</b><br>Simon Fish (2025)      | <b>25.57</b><br>Simon Fish (2025)      | <b>6.55</b><br>Jackson LeMay (2025)       | <b>23.14</b><br>Talen Shilts (2025)        |
| 2.  | <b>8.23</b><br>Brayden Warwick (2022) | <b>28.58</b><br>Solomon Mason (2023)   | <b>6.61</b><br>Jackson Bohland (2024)     | <b>23.22</b><br>Jackson LeMay (2024)       |
| 3.  | <b>8.39</b><br>Mitch Stelter (2018)   | <b>28.67</b><br>Mitch Stelter (2017)   | <b>6.72</b><br>Talen Shilts (2025)        | <b>23.40</b><br>Kyle Webb (2015)           |
| 4.  | <b>8.43</b><br>Kolton Hebbring (2014) | <b>28.70</b><br>Ethan Fleming (2024)   | <b>6.75</b><br>Eric Swenson (2016)        | <b>23.68</b><br>Sam Hebert (2024)          |
| 5.  | <b>8.48</b><br>Ethan Fleming (2024)   | <b>28.71</b><br>Colton Petska (2024)   | <b>6.77</b><br>Ethan Faschingbauer (2024) | <b>23.75</b><br>Kole Mewhorter (2016)      |
| 6.  | <b>8.66</b><br>Austin Birch (2011)    | <b>29.27</b><br>Rico De Leon (2017)    | <b>6.77</b><br>Gabe Vargas (2022)         | <b>23.77</b><br>Jackson Bohland (2024)     |
| 7.  | <b>8.81</b><br>Alex Kulzer (2015)     | <b>31.60</b><br>Nathan Meinen (2022)   | <b>6.78</b><br>Owen King (2025)           | <b>23.78</b><br>Ethan Faschingbauer (2024) |
| 8.  | <b>8.83</b><br>Solomon Mason (2023)   | <b>31.73</b><br>Carmine Luliano (2016) | <b>6.80</b><br>Gavin Shilts (2025)        | <b>24.02</b><br>Evan Spaeth (2017)         |
| 9.  | <b>8.98</b><br>Rico De Leon (2016)    |                                        | <b>6.81</b><br>Kole Mewhorter (2016)      | <b>24.04</b><br>Gavin Shilts (2025)        |
| 10. | <b>9.16</b><br>Colton Petksa (2024)   |                                        | <b>6.83</b><br>Codie Meinen (2016)        | <b>24.40</b><br>Drew Thornton (2025)       |

# Boy's Indoor Top Ten Records

|     | <b><u>400M:</u></b>                        | <b><u>800M:</u></b>                        | <b><u>1600M:</u></b>                       | <b><u>3200M:</u></b>                      |
|-----|--------------------------------------------|--------------------------------------------|--------------------------------------------|-------------------------------------------|
| 1.  | <b>50.32</b><br>Sam Hebert (2025)          | <b>1:58.46</b><br>Cooper Barth (2014)      | <b>4:32.58</b><br>Lukas Wagner (2022)      | <b>10:32.91</b><br>Braeden Michael (2015) |
| 2.  | <b>52.05</b><br>Kole Mewhorter (2016)      | <b>2:00.78</b><br>Sam Hebert (2025)        | <b>4:36.20</b><br>Cole Gilles (2025)       | <b>10:37.91</b><br>Erik Sworski (2015)    |
| 3.  | <b>53.35</b><br>Evan Spaeth (2017)         | <b>2:04.04</b><br>Benjamin Cihasky (2024)  | <b>4:41.81</b><br>Andrew Farris (2011)     | <b>10:40.03</b><br>Henry Fish (2025)      |
| 4.  | <b>53.69</b><br>Ethan Faschingbauer (2024) | <b>2:07.09</b><br>Erik Sworski (2017)      | <b>4:42.93</b><br>Erik Sworski (2017)      | <b>10:54.28</b><br>Zack Meinholz (2014)   |
| 5.  | <b>53.97</b><br>Jason Faschingbauer (2012) | <b>2:07.88</b><br>Mason Fredrickson (2025) | <b>4:43.85</b><br>Benjamin Cihasky (2023)  | <b>11:02.41</b><br>Devin Bathke (2013)    |
| 6.  | <b>54.03</b><br>Cooper Barth (2012)        | <b>2:08.14</b><br>Cole Gilles (2025)       | <b>4:51.28</b><br>Ryan Beranek (2022)      | <b>11:07.06</b><br>Austin Kruger (2025)   |
| 7.  | <b>54.07</b><br>Matt Rees (2017)           | <b>2:09.14</b><br>Sabyn Warrick (2013)     | <b>4:52.21</b><br>Mason Fredrickson (2025) | <b>11:11.40</b><br>Alan Fox (2017)        |
| 8.  | <b>54.42</b><br>Christian Crumbaker (2023) | <b>2:10.04</b><br>Mason Howard (2023)      | <b>4:55.12</b><br>Jake Mason (2023)        | <b>11:18.63</b><br>Justin Wittwer (2010)  |
| 9.  | <b>55.00</b><br>Alex Kulzer (2015)         | <b>2:10.05</b><br>Lukas Wagner (2022)      | <b>4:55.12</b><br>Benjamin LeMay (2019)    | <b>11:25.98</b><br>Jake Mason (2022)      |
| 10. | <b>55.35</b><br>Richard Stafford (2010)    | <b>2:10.09</b><br>Brett Olson (2014)       | <b>4:55.28</b><br>Kyle Salmonson (2010)    | <b>11:32.09</b><br>Chase Kline (2022)     |

# Boy's Indoor Top Ten Records

|     | <u>Long Jump</u>                              | <u>Triple Jump</u>                          | <u>High Jump</u>                    | <u>Pole Vault</u>                   |
|-----|-----------------------------------------------|---------------------------------------------|-------------------------------------|-------------------------------------|
| 1.  | <b>20'1.25</b><br>Max Gibson (2017)           | <b>42'4.5</b><br>Evan Spaeth (2017)         | <b>5'10</b><br>Aaron Knez (2015)    | <b>13'9</b><br>Collin Clary (2025)  |
| 2.  | <b>20'</b><br>Christian Crumbaker (2022)      | <b>42'1.5</b><br>Christian Crumbaker (2023) | <b>5'10</b><br>Drew Thornton (2025) | <b>11'6</b><br>Ross Kaz (2019)      |
| 3.  | <b>19'11</b><br>Kansas Smith (2023)           | <b>41'3.75</b><br>Gavin Shilts (2025)       | <b>5'10</b><br>Nathan Meinen (2023) | <b>11'6</b><br>Cade Meyer (2018)    |
| 4.  | <b>19'8.5</b><br>Talen Shilts (2024)          | <b>40'5.5</b><br>Kansas Smith (2023)        | <b>5'8</b><br>Dalton West (2013)    | <b>11'6</b><br>Jacob Runge (2015)   |
| 5.  | <b>19'4</b><br>Gavin Shilts (2024)            | <b>40'2</b><br>Eric Swenson (2017)          | <b>5'8</b><br>Rayce Palecek (2025)  | <b>11'0</b><br>Cody Hawkins (2015)  |
| 6.  | <b>19'2.75</b><br>Aaron Knez (2015)           | <b>39'10.5</b><br>Jared Myers (2017)        | <b>5'8</b><br>Dylan Clark (2012)    | <b>10'6</b><br>Xander Neal (2024)   |
| 7.  | <b>19'2.75</b><br>Clint Steinmetz (2003)      | <b>39'8.5</b><br>Derek Mueller (2011)       | <b>5'8</b><br>Isaiah Hermans (2024) | <b>10'6</b><br>Mitch Brunke (2017)  |
| 8.  | <b>19'2</b><br>Brody Mosel (2025)             | <b>39'0</b><br>Clayton Biddle (2015)        |                                     | <b>10'0</b><br>Eric Marshall (2013) |
| 9.  | <b>19'1</b><br>Dylan Clark (2011)             | <b>38'11.5</b><br>Simon Fish (2023)         |                                     | <b>10'0</b><br>Adam McNamara (2024) |
| 10. | <b>18.2.5</b><br>Peyton Rogers-Schmidt (2017) | <b>38'1</b><br>Jackson Bohland (2025)       |                                     |                                     |

# Boy's Indoor Top Ten Records

|     | <u>Shot Put</u>                          | <u>220 Yard Dash</u>                       | <u>60 Meter Dash</u>               | <u>60 Meter Hurdles</u>          |
|-----|------------------------------------------|--------------------------------------------|------------------------------------|----------------------------------|
| 1.  | <b>50'6.25</b><br>Thomas Clary (2023)    | <b>23.06</b><br>Sam Herbert (2025)         | <b>7.27</b><br>Talen Shilts (2025) | <b>8.55</b><br>Simon Fish (2025) |
| 2.  | <b>49'11</b><br>JD Czech (2019)          | <b>23.85</b><br>Jackson Bohland (2024)     |                                    |                                  |
| 3.  | <b>45'11</b><br>Jacob Thompson (2019)    | <b>23.99</b><br>Carter Bowe (2024)         |                                    |                                  |
| 4.  | <b>43'10.5</b><br>Jack Schumacher (2017) | <b>24.23</b><br>Jackson LeMay (2023)       |                                    |                                  |
| 5.  | <b>43'7.5</b><br>Simon Martineau (2017)  | <b>24.25</b><br>Gabe Vargas (2022)         |                                    |                                  |
| 6.  | <b>43'4.5</b><br>Carson Parker (2025)    | <b>25.22</b><br>Sam Peterson (2022)        |                                    |                                  |
| 7.  | <b>42'11</b><br>Braeden Jensen (2012)    | <b>25.26</b><br>Ethan Faschingbauer (2023) |                                    |                                  |
| 8.  | <b>42'4</b><br>Logan Farr (2012)         | <b>25.92</b><br>Owen King (2024)           |                                    |                                  |
| 9.  | <b>42'4</b><br>Logan Ciezki (2024)       | <b>26.18</b><br>Nick Rothbauer (2018)      |                                    |                                  |
| 10. | <b>40'9.5</b><br>Cale Hannusch (2017)    | <b>26.24</b><br>Matt Fries (2018)          |                                    |                                  |

# Girl's Indoor Top Ten Records

|     | <b><u>55 Hurdles</u></b>                 | <b><u>200 Meter Hurdles</u></b>          | <b><u>55 Meter Dash</u></b>            | <b><u>200 Meter Dash</u></b>                |
|-----|------------------------------------------|------------------------------------------|----------------------------------------|---------------------------------------------|
| 1.  | <b>8.96</b><br>Amie Premo-Nesja (2016)   | <b>30.55</b><br>Allison Widiker (2025)   | <b>7.00</b><br>Brooklyn Sandvig (2022) | <b>24.96</b><br>Brooklyn Sandvig (2023)     |
| 2.  | <b>9.09</b><br>Victoria Czech (2016)     | <b>32.13</b><br>Rayya Palecek (2025)     | <b>7.60</b><br>Taylor Mosher (2024)    | <b>27.29</b><br>Olivia Sedlacek (2024)      |
| 3.  | <b>9.14</b><br>Madelyn Hedrington (2018) | <b>32.47</b><br>Aaliyah McMillian (2017) | <b>7.61</b><br>Olivia Sedlacek (2023)  | <b>27.55</b><br>Jada Wood (2025)            |
| 4.  | <b>9.34</b><br>Samantha Jaeger (2017)    | <b>32.95</b><br>Raeanne Kaz (2016)       | <b>7.72</b><br>Lindsay Joas (2003)     | <b>28.15</b><br>Taylor Mosher (2024)        |
| 5.  | <b>9.46</b><br>Allison Widiker (2024)    | <b>33.98</b><br>Alyssa Potts (2016)      | <b>7.83</b><br>Sophie Stearns (2015)   | <b>28.22</b><br>Elizabeth Daniels (2013)    |
| 6.  | <b>9.49</b><br>Janna Fjelstad (2012)     | <b>34.06</b><br>Janna Fjelstad (2012)    | <b>7.94</b><br>Jada Wood (2025)        | <b>28.37</b><br>Madison Hunt (2023)         |
| 7.  | <b>9.72</b><br>Jazmine Johnson (2019)    | <b>36.34</b><br>Mikala Ferg (2012)       | <b>7.96</b><br>Kelsey Arneson (2015)   | <b>28.38</b><br>Tyana Loiselle (2016)       |
| 8.  | <b>9.86</b><br>Maddie Helland (2018)     |                                          | <b>7.97</b><br>Allison Widiker (2025)  | <b>28.54</b><br>Kacie Bertrand (2014)       |
| 9.  | <b>9.92</b><br>Kyla Morgan (2014)        |                                          | <b>7.98</b><br>Maddie Helland (2016)   | <b>28.63</b><br>Lindsay Joas (2003)         |
| 10. | <b>10.01</b><br>Raeanne Kaz (2018)       |                                          | <b>7.99</b><br>Kendra Mopas (2015)     | <b>28.65</b><br>Emma-Lynn Stephenson (2023) |

# Girl's Indoor Top Ten Records

|     | <b><u>400M:</u></b>                        | <b><u>800M:</u></b>                        | <b><u>1600M:</u></b>                       | <b><u>3200M:</u></b>                        |
|-----|--------------------------------------------|--------------------------------------------|--------------------------------------------|---------------------------------------------|
| 1.  | <b>56.72</b><br>Brooklyn Sandvig (2022)    | <b>2:22.89</b><br>Elizabeth Daniels (2015) | <b>5:24.76</b><br>Noelle Simetkosky (2025) | <b>11:32.69</b><br>Noelle Simetkosky (2025) |
| 2.  | <b>1:02.31</b><br>Elizabeth Daniels (2015) | <b>2:24.26</b><br>Kathryn Webb (2016)      | <b>5:28.77</b><br>Katie Faris (2017)       | <b>12:12.71</b><br>Katie Faris (2016)       |
| 3.  | <b>1:02.68</b><br>Tyana Loiselle (2014)    | <b>2:30.53</b><br>Ella Behling (2019)      | <b>5:42.02</b><br>Alexis Pomeitlo (2011)   | <b>12:21.44</b><br>Emily Kelly (2011)       |
| 4.  | <b>1:02.68</b><br>Kathryn Webb (2016)      | <b>2:33.91</b><br>Arica Swift (2015)       | <b>5:44.10</b><br>Emily Kelly (2011)       | <b>12:26.26</b><br>Jordan Chen (2023)       |
| 5.  | <b>1:02.86</b><br>Olivia Sedlacek (2024)   | <b>2:38.64</b><br>Abby Merconti (2022)     | <b>5:49.91</b><br>Abby Merconti (2022)     | <b>13:03.32</b><br>Meghan Cihasky (2016)    |
| 6.  | <b>1:03.34</b><br>Jada Wood (2025)         | <b>2:39.20</b><br>Susan Bergeman (2025)    | <b>5:53.39</b><br>Elizabeth Daniels (2012) | <b>13:11.46</b><br>Jamie Bengtson (2010)    |
| 7.  | <b>1:05.50</b><br>Arica Swift (2015)       | <b>2:30.79</b><br>Alexis Pomeitlo (2011)   | <b>5:53.72</b><br>Maisie Wingert (2016)    | <b>13:17.17</b><br>Tjorven Landwehr (2017)  |
| 8.  | <b>1:06.23</b><br>Lydia Martin (2025)      | <b>2:40.0</b><br>Ashley Steinke (2012)     | <b>5:54.13</b><br>Jordan Chen (2023)       | <b>13:19.49</b><br>Victoria Vergin (2025)   |
| 9.  | <b>1:06.31</b><br>Rayya Palecek (2025)     | <b>2:40.09</b><br>Emma Eslinger (2018)     | <b>5:55.30</b><br>Susan Bergeman (2025)    | <b>13:38.30</b><br>Ashley Steinke (2012)    |
| 10. | <b>1:07.00</b><br>Janna Fjelstad (2010)    | <b>2:40.48</b><br>Vanessa Guerro (2014)    | <b>6:03.46</b><br>Ella Spitz (2023)        | <b>13:40.09</b><br>Olivia Bliek (2016)      |

# Girl's Indoor Top Ten Records

|     | <u>Long Jump</u>                           | <u>Triple Jump</u>                       | <u>High Jump</u>                       | <u>Pole Vault</u>                       |
|-----|--------------------------------------------|------------------------------------------|----------------------------------------|-----------------------------------------|
| 1.  | <b>18'10</b><br>Brooklyn Sandvig (2022)    | <b>37'7.75</b><br>Ava Krista (2024)      | <b>5'2</b><br>Brooklyn Sandvig (2023)  | <b>9'0</b><br>Grace Gugel (2025)        |
| 2.  | <b>17'8.25</b><br>Ava Krista (2024)        | <b>34'5</b><br>Janna Fjelstad (2012)     | <b>5'2</b><br>Stephanie Sawicki (2015) | <b>9'0</b><br>Katelyn Harris (2025)     |
| 3.  | <b>16'5.5</b><br>Madison Hunt (2023)       | <b>32'7</b><br>Sammie Riedel (2018)      | <b>5'0</b><br>Ava Krista (2025)        | <b>8'9</b><br>Natalie Schueller (2023)  |
| 4.  | <b>15'9.75</b><br>Janna Fjelstad (2012)    | <b>32'4.5</b><br>Ella Spaeth (2025)      | <b>5'0</b><br>Maddie Helland (2018)    | <b>8'0</b><br>Madalyn Schmidley (2019)  |
| 5.  | <b>15'9.75</b><br>Raeanne Kaz (2017)       | <b>31'11.5</b><br>Victoria Czech (2016)  | <b>5'0</b><br>Kalesha Hazelton (2010)  | <b>7'6</b><br>Natalee Weiss (2023)      |
| 6.  | <b>15'6</b><br>Ella Spaeth (2025)          | <b>31'11</b><br>Sydney Schneider (2013)  |                                        | <b>7'6</b><br>Kendall Steivang (2023)   |
| 7.  | <b>15'3.25</b><br>Sydney Schneider (2012)  | <b>31'9</b><br>Kelsey Arneson (2015)     |                                        | <b>7'6</b><br>Madeline Gustafson (2012) |
| 8.  | <b>15'2.25</b><br>Elizabeth Daniels (2013) | <b>31'6</b><br>Alyssa Potts (2019)       |                                        | <b>7'6</b><br>Olivia Caron (2015)       |
| 9.  | <b>15'2</b><br>Madeline Gustafson (2011)   | <b>31'6</b><br>Madeline Gustafson (2013) |                                        |                                         |
| 10. | <b>14'5.25</b><br>Megan Ludy (2019)        | <b>31'0.5</b><br>Darian Bluedorn (2015)  |                                        |                                         |

# Girl's Indoor Top Ten Records

|     | <u>Shot Put</u>                            | <u>220 Yard Dash</u>                          | <u>60 Meter Hurdles</u> | <u>60 Meter Dash</u> |
|-----|--------------------------------------------|-----------------------------------------------|-------------------------|----------------------|
| 1.  | <b>34'3</b><br>Josie Reit (2025)           | <b>25.23</b><br>Brooklyn Sandvig (2022)       |                         |                      |
| 2.  | <b>33'2.25</b><br>Kayla Hanley (2013)      | <b>27.09</b><br>Olivia Sedlacek (2023)        |                         |                      |
| 3.  | <b>33'1</b><br>Ava Reuter (2022)           | <b>28.80</b><br>Jada Wood (2024)              |                         |                      |
| 4.  | <b>32'10.25</b><br>Jana Mattison (2017)    | <b>28.86</b><br>Madison Hunt (2023)           |                         |                      |
| 5.  | <b>31'6.5</b><br>Chelsea Graffunder (2016) | <b>29.00</b><br>Emma-Lyn Stephenson<br>(2022) |                         |                      |
| 6.  | <b>31'4</b><br>Keira Ayers (2025)          | <b>29.94</b><br>Ava Krista (2022)             |                         |                      |
| 7.  | <b>31'2</b><br>Delila Gerish (2025)        |                                               |                         |                      |
| 8.  | <b>30'6.5</b><br>Kayla Burger (2011)       |                                               |                         |                      |
| 9.  | <b>30'3.5</b><br>Amanda Webb (2012)        |                                               |                         |                      |
| 10. | <b>29'11.5</b><br>Kayty Brick (2013)       |                                               |                         |                      |