

HIGHLAND PARK TRACK & FIELD

2023 HONOR ROLL

BOYS

Notes

- 1) The honor roll is a work in progress. We are still researching past results.
- 2) Hand times are recorded in tenths. FAT (fully automatic timing) in hundredths. For ranking, add .24 to hand times to compare to FAT times (standard conversion factor used by the track & field rules committee of the NFHS (National Federation of State High School Associations). A time in parentheses with the letter "c" indicates an equivalent FAT conversion time.
- 3) The NFHS accepts only FAT times for records. At Highland Park, we recognize hand times for the honor roll and school records for
 - a) All distances 400M and greater.
 - b) All times prior to 2000
 - c) Exceptional hand times are noted with an * in the honor roll lists.
- 4) MSHSL switched from 2 classes (A & AA) to 3 classes (A, AA, & AAA) in 2022. HP remained in class AA.

100

1) Billy Allen	10.79	1992
2) Myint Maung	10.80	2009
3) Godsword Simon	10.81	MSHSL State @ Hamline, 2019
4) Richard Lewis	10.82	MSHSL Section 3AA, 1998
5) Brouke Brookins	10.95	MSHSL Section 3AA @ Two Rivers, 2023
6) Ken Fernandez	11.05	MSHSL State @ NSC Blaine, 1990
7) Paul Akintade	11.11	MSHSL Section 4AA @ Stillwater, 2012
8) Mark Spencer	11.11	1992
9) Michael Brown	11.15	MSHSL Section 3AA, 1996
10) Gospel Simon	11.23	St. Paul Conference, 2021

*Unofficial Hand Times

Marc Brown	10.6 (10.84c)	1995
Sean Bradford	11.0 (11.24c)	1987
Kahn Clark	11.0 (11.24c)	MSHSL Region 3AA, 1989
LeRoy Brice	11.0 (11.24c)	1994
Tysel Page	11.0 (11.24c)	St. Paul Quad, 2013
Kwashon Collins	11.0 (11.24c)	St. Paul True Team, 2015

200

1) Richard Lewis	21.79	MSHSL Section 3AA, 1998
2) Clem Dabney	22.41	1986
3) Myint Maung	22.41	MSHSL Section 4AA, 2010
4) Godsword Simon	22.52	MSHSL Section 4AA @ Stillwater, 2019
5) Mark Spencer	22.56	1992
6) Paul Akintade	22.64	St. Paul Conference, 2012
7) Billy Allen	22.68	1991

***Unofficial Hand Times**

Gary Devitt	22.4 (22.64c; 22.5, 220y)	St. Paul Conference, 1972
Marc Brown	22.5 (22.74c)	1996
Roy Allen	22.6 (22.84c)	1989
Tysel Page	22.6 (22.84c)	St. Paul Quad, 2013

400

1) Roy Allen	48.54	1990
2) Troy Pollard	48.71	MSHSL State Championships, 2009
3) Clem Dabney	48.8 (49.04c)	MSHSL Region 3AA Championship, 1986
4) Okonkwo Mitchell	49.36	St. Paul Conference, 1992
5) Sean Bradford	49.4 (49.64c)	1988
6) Dave Zachary	50.8 (51.04c)	MSHSL Region 3AA, 1980
7) Damyan Hart	51.78	MSHSL Section 4AA @ East Ridge, 2017
8) Michael West-Hest	51.84	St. Paul Conference, 2019
9) Brouke Brookins	51.85	St. Paul Conference, 2023
10) Tysel Page	52.03	St. Paul Conference, 2012

800

1) Steve West	1:54.35	1984
2) Rick Peters	1:57.5 (1:58.2 880yd)	St. Paul Conference, 1967
3) Oliver Paleen	1:57.99	St. Paul Conference, 2019
4) James Steffell	1:58.49	MSHSL State Championship, 2010
5) Harry Backlund	1:58.67	MSHSL Section 3AA @ Eagan, 2007
6) Tod Archiga	1:59.23	St. Paul Conference, 1981
7) James Bradford	1:59.42	MSHSL Section 3AA, 1999
8) Bill Baker	2:00.8 (2:01.04c, 2:01.5 880yd)	St. Paul Conference, 1976
9) Chris Adams	2:00.8 (2:01.04c)	1988
10) Paul Peterson	2:01.0 (2:01.24c, 2:01.7 880yd)	St. Paul Conference, 1970

1600

1) Oliver Paleen	4:16.99	MSHSL Section 4AA @ Stillwater, 2019
2) Mike Mountain	4:19.3 (4:19.54c) 4:20.8 Mile	1974
3) Micah Mather	4:20.02	MSHSL State Champs @ Hamline, 2016
4) John Tiemann	4:20.7 (4:20.94)	1971
5) Harry Backlund	4:22.24	MSHSL Section 3AA @ Eagan, 2007
6) Ron Graham	4:22.2 (4:22.44c)	St. Paul Conference, 1975
7) John Moreland	4:23.3 (4:23.54c) 4:24.8 Mile	St. Paul Conference, 1972
8) Rollie Flynn	4:27.5 (4:27.74c) 4:29.2 Mile	St. Paul Conference, 1970
9) Jerry Meier	4:27.95 (4:29.73 Mile)	St. Paul Conference, 1981
10) Calvin Boone	4:28.46	St. Paul Conference, 2019

3200

1) Mike Mountain	9:15.3 (9:15.54c); 9:18.8 2M	MSHSL Region G-AA, 1973
2) Oliver Paleen	9:19.19	Hamline Elite Meet, 2019
3) Micah Mather	9:21.68	MSHSL State Champs @ Hamline, 2016

4) Jim Hannon	9:23.1 (9:21.34c); 9:26.6 2M	1975
5) Mohammed Bati	9:25.50	Section 4AA @ Stillwater, 2019
6) Ron Graham	9:32.2 (9:32.44c); 9:35.7 2M	MSHSL Region G-AA, 1975
7) Rich Holmboe	9:47.7 (9:51.4 2mi)	St. Paul Conference, 1971
8) Mark Muggli	9:50.06	St. Paul Conference, 1985
9) Chris Adams	9:50.7 (9:50.94c)	St. Paul Conference, 1988
10) Calvin Boone	9:51.28	Section 3AA True Team, 2019

110 Meter High Hurdles*

1) Phillip Day	14.88	1994
2) Clem Dabney	14.94	1986
3) Jason Allen	15.12	1989
4) Dan Vagle	15.26	MSHSL Section 4AA @ Stillwater, 2010
5) Josh Aune	15.30	MSHSL Section 4AA @ East Ridge, 2017
6) Taijon Ferrell	15.56	2011
7) Vincent Langenbrunner	15.68	MSHSL Section 4AA @ Stillwater HS, 2021
8) Aaron Drisro	15.70	2011
9) Isaiah Voges	15.75	MSHSL State Championships @ STMA, 2022

*Unofficial Hand Times

Matt Troyer	15.1 (15.34c)	1993
Paul Akintade	15.2 (15.44c)	St. Paul Quad @ Highland, 2013

300 Int Hurdles

1) Dedric Payne	38.99	MSHSL State Championships, 1997
2) Clem Dabney	39.4 (39.64c)	1986
3) Phillip Day	39.76	1993
4) Joe Tucker	39.88	MSHSL State Championships, 1980
5) Jason Allen	39.9 (40.14c)	MSHSL Region 3AA, 1989
6) Mike Jensen	40.0 (40.24c)	MSHSL Region 3AA, 1980
7) Isaiah Voges	40.83	MSHSL State Championships @ STMA, 2022
8) James Price	41.56	1990
9) Dan Vagle	41.02	2010
10) Ayden Davis-Barth	41.66	MSHSL Section 4AA @ Stillwater HS, 2021
Cortez Ellison-Jordan	41.66	Greenslit Relays, 2019

4 x 100 Relay

1)	42.99	1994
2)	43.14	1991
3)	43.16	1992
4)	43.39	1990
5)	43.51	MSHSL Region 3AA, 1991
6) Russell, Cole, Spencer, Allen	43.60	St. Paul Conference, 1992
7) Babatunde Akindele, Tramonta Garner, Godsword Simon, Seth Zeitchick	43.71	St. Paul Conference @ Harding, 2018
8) Myint Maung, Tycel Page, James Mite, Stevon Moss	43.74	MSHSL Section 4AA @ Stillwater, 2011

9)	Brockman, Cole, Spencer, Allen	43.83	St. Paul Conference, 1991
10)	Russel, Cole, Spencer, Allen	43.6 (43.84)	1992
11)	Befort, Marotz, Myint Maung, Tysel Page	43.93	St. Paul Relays, 2010

4 x 200 Relay

1)	Troy Pollard, Myint Maung, T. McDuffie, Dan Vagle	1:30.06	2009
2)	Myint Maung, Terrell McDuffie, Tysel Page, Dan Vagle	1:30.31	MSHSL Section 4AA @ Stillwater, 2010
3)	Marotz, Myint Maung, Moss, Tysel Page	1:30.51	St. Paul Relays, 2010
4)	Vagle, Maung, Mite, Pollard	1:30.83	St. Paul Conference, 2009
5)	Godsfavour Simon, Michael West-Hest, Seth Zeitchick, Cortez Ellison-Jordan	1:31.72	MSHSL Section 4AA @ Stillwater, 2019
6)	Hutchings, MacLeod, Lovich, Olson	1:31.9 (1:32.4 880yd)	St. Paul Conference, 1968
7)	Tenzing Walker, Sam Schlukebier, Terez McDaniel-Vaughn, Brouke Brookins	1:32.28	MSHSL Section 3AA @ Two Rivers, 2023
8)	Ferrell, Moss, Tysel Page, Myint Maung	1:32.66	St. Paul Relays, 2011
9)	Seth Zeitchick, Michael West-Hest, Godsfavour Simon, Godsword Simon	1:33.27	Roseville Invite, 2019
10)		1:33.45	MSHSL Section 4AA @ Stillwater, 2008

4 x 400 Relay

1)		3:22.77	1988
2)		3:24.2 (3:24.44c)	MSHSL Region 3AA, 1980
3)		3:25.38	1992
4)	Cortez Ellison-Jordan, Seth Zeitchick, Oliver Paleen, Michael West-Hest	3:25.98	MSHSL Section 4AA @ Stillwater, 2019
5)		3:26.0 (3:26.24c)	MSHSL Region 3AA, 1990
6)		3:27.31 (3:28.77 Mile)	St. Paul Conference, 1981
7)	Brouke Brookins, Terez McDaniel-Vaughn, Tenzing Walker, Charlie Service	3:28.94	MSHSL Section 3AA @ Two Rivers, 2023
8)		3:29.25	St. Paul Conference, 1987
9)		3:30.1 (3:31.5 Mile)	St. Paul Conference, 1980
10)		3:30.45	St. Paul Conference, 1988

4 x 800 Relay

1)	Mohammed Bati, Conor Gregg Escalante, Marcus Hansen, Calvin Boone	8:15.29	MSHSL Section 4AA @ Stillwater, 2019
2)	Marcus Hansen, Conor Gregg Escalante, Calvin Boone, Oliver Paleen	8:18.37	St. Paul Relays @ Harding, 2019
3)	Henry Wortman, Gabe Pfeiffer, Kristofer Johnson, Matt Lorah	8:24.40	MSHSL Section 4AA @ East Ridge, 2017
4)	Lance Georgeson, Davis Isom Gavin Roberts, Charlie Service	8:26.32	MSHSL Section 3AA @ Two Rivers, 2022
5)	Nadhi Woliye, Chris Fuelling, Ahmed Musse, Steven Bender	8:28.23	MSHSL Section 4AA @ Stillwater, 2012
6)	Matt Lorah, Sid Gross	8:28.67	Roseville Invitational, 2017

	Henry Wortman, Calvin Boone		
7)	Matt Lorah, Abram Donovan, Gabe Pfeiffer, Henry Wortman	8:29.49	MSHSL Section 4AA @ East Ridge, 2016
8)	Hassan, Wolfe, Rogers, Harry Backlund	8:31.24	MSHSL Section 3AA @ Eagan, 2006
9)	Nat Alden, Sam Vanspriell, Otto Schmidt, Oliver Paleen	8:34.70	Section 3AA True Team, 2019
10)	Mohammed Bati, Parker Johnson, Quincy Altman, Marcus Hansen	8:40.54	Greenslit Relays, 2019

Shot Put

1)	Mike Weinberg	52-03	1978
2)	Mike Rowley	51-04.50	St. Paul Conference, 1971
3)	Jeff Lander	49-07.75	St. Paul Conference, 1974
4)	Bob Mathews	47-10.50	St. Paul Conference, 1968
5)	Greg Clements	46-11	St. Paul Conference, 1990
6)	Dean Klocow	46-10.50	St. Paul Conference, 1975
7)	Doug Wrede	46-07	St. Paul Conference, 1973
8)	Ethan Aune	44-08	St. Paul Conference, 2016
9)	Jordan Eaton	43-03	2007
10)	Pablo Caballero	43-00	St. Thomas Indoor, 2019

Discus Throw

1)	Dick Hertz	157-06	St. Paul Conference, 1967
2)	Errol Johnson	149-09	St. Paul Conference, 1974
3)	Greg Clements	146-03	St. Paul Conference, 1990
4)	Nathan Krekula	135-11	St. Paul Conference, 1975
5)	Wes Olson	133-11	St. Paul Conference, 1980
6)	Bob Grossman	128-09	St. Paul Conference, 1969
7)	Jack McKenna	127-09	Section 4AA @ Stillwater, 2015
8)	Ethan Aune	127-00	St. Paul Tri @ HP, 2015
9)	Michael Bofferding	126-01	Park HS, Section 3AA, 2005
10)	Pablo Caballero	123-01	Park Tri, 2019

High Jump

1)	Jamal Harut	6-08	St. Paul Conference, 1988
2)	Tysel Page	6-05	MSHSL Section 4AA @ Stillwater, 2013
3)	Jason Allen	6-04	1989
4)	Josh Aune	6-03	MSHSL Section 4AA @ East Ridge, 2016
5)	Kirk Johnson	6-02	St. Paul Conference, 1972
	Josh Jones	6-02	MSHSL Section 3AA @ Park, 2003
7)	Paul Akintade	6-01	St. Paul Conference @ Central, 2012
8)	Jordan Steward	6-00	MSHSL Section 4AA @ Stillwater, 2011
	Phil Day	6-00	St. Paul Conference, 1993
	Jackson Mitchell	6-00	Washburn Dual, 2021

Long Jump

1)	Paul Akintade	23-05.50	MSHSL Section 4AA @ Stillwater, 2013
2)	Matt Troyer	22-06	1994

3) Larondy Cole	22-03	St. Paul Conference, 1992
4) LeRoy Brice	22-01.75	1994
5) Godsword Simon	21-10.5	MSHSL Section 4AA @ Stillwater, 2021
6) Troy Pollard	21-10	St. Paul Conference, 2009
7) Ken Fernandez	21-06	St. Paul Conference, 1990
8) Clarence Woods	21-05.25	Section 3AA, 1997
9) Josh Aune	21-03	St. Paul Tri @ Highland Park, 2017
10) Uriah Lee	21-02.50	St. Paul Conference @ Central, 2015

Triple Jump

1) Troy Pollard	45-11	MSHSL State Championships, 2009
2) Clem Dabney	45-02.75	MSHSL Region 3AA, 1986
3) Josh Aune	44-11.75	MSHSL Section 4AA @ East Ridge, 2017
4) Terez McDaniel-Vaughn	44-07	St. Paul Conference @ Harding, 2023
5) Paul Akintade	44-05	St. Paul True Team, 2013
6) Larondy Cole	44-04	St. Paul Conference, 1992
7) Marc Brown	43-06.50	1993
8) Isaiah Brower	43-06.25	MSHSL Section 4AA, 2014
9) James Price	42-06	MSHSL Region 3AA @ Park, 1990
10) Eric Pressley	42-02	2010

Pole Vault

1) Ken Range	13-00	1994
2) Dannez Hunter	12-06	St. Paul Conference, 1988
Bill Mathews	12-06	St. Paul Conference, 1970
4) Clarence Brockman	12-00	St. Paul Conference, 1992
Craig Gjerdingen	12-00	MSHSL Region 3AA, 1986
Devin Derby	12-00	St. Paul Conference, 1975
7) Ladd Brabec	11-08	St. Paul Conference, 1976
8) Brachman	11-06	MSHSL Region 3AA, 1991
9) Dorian Waynewood	11-06	St. Paul Conference, 1991
10) Mark Spencer	11-00	MSHSL Region 3AA, 1991