

Sunshine Bible Academy Boys' Track & Field
All-Time Top Ten Individual Performances

Updated 5-26-19

RUNNING EVENTS

100 Meter Dash

1.	11.04*	Craig Hinman	2002	Sioux Falls, State Semi.
2.	11.1	Seth Buer	2014	Gettysburg, Region 2B
3.	11.2	Sam Clark	2014	Huron/Gettysburg, 281 Conference/Region 2B
	11.2	Jesse Fortune	2008	Huron/Miller, 281 Conf./Region 3B
5.	11.27*	Clint Weiss	2006	Rapid City, State Prelim.
6.	11.3	Tyson Brockel	2009	Huron, 281 Conference
	11.3	Steve Mitchell	1997	Huron, Regional
	11.3	Steve Mitchell	1996	Huron, SBA Invitational
	11.3	Dale Shippy	1988	Huron, Regional
	11.3	Dale Shippy	1987	Huron, 281 Conference

200 Meter Dash

1.	22.8	Tyson Brockel	2009	Miller, Region 3B
2.	22.82*	Matt McQuown	2007	Sioux Falls – State Final
3.	22.87	Sam Mickelson	1969	?, CPAC
4.	22.9	Jesse Fortune	2008	Miller, Region 3B
	22.9*	Craig Hinman	2001	Sioux Falls, State
6.	23.02*	Craig Hinman	2002	Sioux Falls, State Prelim
7.	23.1	Marty Kopplin	1987	Highmore
	23.1	Casey Hinman	2003	Miller, Region 3
9.	23.2	Clint Weiss	2006	Aberdeen, 4 Star
10.	23.26	Gary Senkel	1964	

400 Meter Dash

1.	49.37*	Brady Brockel	2013	Sioux Falls, State Final
2.	51.47*	Craig Hinman	2002	Sioux Falls, State Prelim
3.	51.7	Denver Paul	2016	Huron, 281 Conference
4.	51.73*	Marty Kopplin	1987	Sioux Fall, State
5.	51.79*	Casey Hinman	2003	Rapid City, State Prelim
6.	51.9	Doug Veldheer	1982	Huron, Regional
7.	52.0	Tyson Brockel	2009	Kadoka Invitational
	52.0	Leon Pedersen	1993	Huron, 281 Conference
9.	52.29	Paul Gilger	1972	Mitchell, State
	52.29	Sam Mickelson	1968	Stephan Dual

*Denotes adjustment from FAT

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800 Meter Run

1. 1:56.92	Gaylon Van Zee	1964	Aberdeen, AAU
2. 1:58.17*	Brady Brockel	2013	Sioux Falls, State
3. 2:00.89	Paul Gilger	1972	Mitchell, State
4. 2:00.9	Cole McClain	2012	Kadoka Invitational
5. 2:01.34*	Jace Burma	2018	Rapid City, State
6. 2:01.43*	Jace Burma	2019	Sioux Falls, State
7. 2:02.3	Jim Reimer	1988	Brandon, State
8. 2:02.4	Doug Veldheer	1982	Huron, Regional
9. 2:02.6	Brady Brockel	2012	Kadoka Invitational
10. 2:02.7	Mike Hettich	1988	Huron, James Valley Invitational

1600 Meter Run

1. 4:24.95*	Mike Hettich	1988	Sioux Falls, State
2. 4:28.03	Paul Gilger	1972	Mitchell, State
3. 4:33.9	Ethan McClain	2010	Huron, 281 Conference
4. 4:36.0	Scott Simkins	1990	
5. 4:37.26	Corey Palmer	1987	Spearfish, State
6. 4:37.88	John Stayer	1978	Spearfish, State
7. 4:39.17	Clayton Chord	1972	Mitchell, State
8. 4:39.3	Jace Burma	2017	Miller Invitational
9. 4:40.0	Ethan McClain	2009	Huron, SBA Invitational
10. 4:40.2	Scott Simkins	1989	Huron, 281 Conference
4:40.2	Cole McClain	2012	Miller, Jimmy Rearick Invitational

3200 Meter Run

1. 9:45.9*	Mike Hettich	1988	Sioux Falls, Howard Wood Dakota Relays
2. 10:14.9	Ethan McClain	2007	Sioux Falls, Howard Wood Dakota Relays
3. 10:16.3	Ethan McClain	2008	Huron, SBA Invitational
4. 10:19.1	Ethan McClain	2009	Pierre, Pierre Early Bird
5. 10:21.9	Chet Carr	1986	Huron, Regional
6. 10:22.86	Kevin Kruse	1970	
7. 10:23.4	Chet Carr	1985	Warner Invitational
8. 10:27.14	Tim McClain	1977	Huron, State
9. 10:28.83	Dan Damon	1973	Redfield, Regional
10. 10:29.97*	Kevin Hanson	1992	Brandon, State

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110 Meter Hurdles

1. 15.5*	Leroy Pedersen	1991	Beresford, State
2. 16.0	Dustin Hass	1988	Huron, Regional
3. 16.1	Leroy Pedersen	1992	Huron, Regional
4. 16.2	Stetson Erickson	2014	Huron, 281 Conference
5. 16.3	Casey Hinman	2002	Miller, Regional Final
6. 16.34	Greg Pedersen	1978	Spearfish, State
16.34	Dave Reimer	1963	
16.34	Jerry Mackey	1962	
9. 16.4	Casey Hinman	2003	Patriot Inv.@Redfield, SBA @ Huron
16.4	Caleb Crossman	2010	Huron, SBA Invitational

300 Meter Hurdles

1. 41.29*	Caleb Crossman	2010	Sioux Falls, State Final
2. 42.03*	Caleb Crossman	2009	Rapid City, State Prelim
3. 42.88*	Casey Hinman	2002	Sioux Falls, State Prelim
4. 43.2	Casey Hinman	2003	Patriot Inv.@Redfield, SBA @ Huron
5. 43.59*	David Abels	1998	Sioux Falls, Howard Wood Dakota Relays
6. 44.3	Will McClain	2008	Miller, Region 3B
44.3	Marty Wood	1985	Miller Kiwanis
8. 44.5	David Abels	1997	Mitchell, Woonsocket Invitational
44.5	Dustin Hass	1988	Huron, Regional
44.5	Denver Paul	2016	Huron, SBA Invitational

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FIELD EVENTS

Long Jump

1. 22' 2 ½"	John Brookhart	1964	
2. 20' 9 ¾"	Bob Hettich	1978	Spearfish, State
3. 20' 8 ¾"	Cole Buer	2014	Gettysburg, Region 2B
20' 8 ¾"	Tyler Mickelson	2000	Sioux Falls, Howard Wood Dakota Relays
5. 20' 6"	John Sanders	1968	Tyndall Invitational
6. 20' 1"	Mike Weems	1987	Warner Invitational
7. 19' 5 ¼"	Mike Weems	1986	
8. 19' 5"	John Sanders	1967	
9. 19' 4"	Bryan Minnich	1975	Huron, Regional
10. 19' 3 ½"	Travis Mickelson	1994	Huron, 281 Conference

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Triple Jump

1. 43' 3 ¾"	Bob Hettich	1978	Huron, 281 Conference
2. 42' 5"	Nathan Bridgman	2008	Sioux Falls, State
3. 40' 11 ¼"	Cody Buer	2014	Gettysburg, Region 2B
4. 40' 3"	Tyler Mickelson	2000	Wessington Springs, Woonsocket Inv.
5. 39' 9 ¼"	Will McClain	2008	Aberdeen, USATF
6. 39' 3 ½"	Jamie McClain	1978	Aberdeen, AAU
7. 39' 1"	Reid Kruse	2009	Kadoka Invitational
8. 38' 9 ½"	Chad Kruse	2011	Huron, 281 Conference
9. 38' 2 ½"	Timmy Mickelson	1998	Huron, SBA Invitational
10. 38' 1"	Travis Mickelson	1994	Huron, Regional

High Jump

1. 6' 4"	Bob Hettich	1978	Aberdeen, AAU
2. 6' 3 ¾"	John Brookhart	1964	
3. 6' 2"	Brad Bridgman	2010	Miller, Central Dakota Invite
4. 6' 1"	Tyler Mickelson	2000	Redfield Relays/ Huron (281 Conference)
5. 6'	Tyler Mickelson	1998	Pierre Early Bird
6'	John Paul	1988	Huron, James Valley Invitational
6'	Phil Kruse	1982	Huron, SBA Invitational
8. 5' 11"	Bob Hettich	1977	Huron, State
9. 5' 10"	Cole Buer	2014	Miller, Gettysburg-Miller Inv./Region 2B
5' 10"	Brad Bridgman	2009	Kimball, Miller-Jimmy Rearick/Region 3B
5' 10"	Tyler Mickelson	1999	Pierre/ Huron (SBA)/ Ipswich Tiger Relays
5' 10"	Timmy Mickelson	1998	Huron, Regional/ Rapid City, State
5' 10"	Timmy Mickelson	1997	Huron, SBA Invitational
5' 10"	Tyler Mickelson	1997	Huron, SBA Invitational

Pole Vault

1. 13' ½"	Darin Johnson	1989	Huron, Regional
2. 13'	Jason Harkins	1988	Sioux Falls, Howard Wood/ Warner Inv.
3. 12' 6"	Bob Hettich	1978	Huron, Regional
4. 12' ½"	Doug Veldheer	1982	Gettysburg
5. 12'	Darin Johnson	1988	Huron, Regional/ Warner Invitational
12'	Jason Harkins	1987	Madison, State/ Warner Invitational
12'	Darin Johnson	1987	Warner Invitational
8. 11' 7 ½"	Chuck Stahl	1983	Gettysburg
9. 11' 6 ½"	Paul Johnson	1985	Huron, 281 Conference
10. 11' 6"	Dave Adrian	1975	?, Big Bend Conference

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Shot Put

1. 49' 9"	Brian VanderWey 1995	Aberdeen, 4 Star
2. 47' 2 ½"	Steve Pennington	1971 White River
3. 46' 9"	Jim Remington	1966
4. 44' 10"	Kevin Kellogg	1978 SBA, Big Bend Conference
5. 44' 9"	Preston Liebelt	2009 Rapid City, State
6. 44' 8"	Monte Bertsch	1979 Sioux Falls, State
44' 8"	Kyle Sybesma	2007 Aberdeen, 4 Star
8. 44' 7"	Jarvis Seaman	1977 Faulkton, Big Bend Conference
9. 44' 6"	Brian VanderWey 1994	Huron, Regional
10. 44' 1"	Monte Bertsch	1978 SBA, Big Bend Conference

Discus

1. 146' 4"	Preston Liebelt	2009 Kadoka Invitational
2. 140' 9"	Brian VanderWey 1995	Wolsey Lions
3. 135' 2"	Jim Remington	1966
4. 133' 7"	Monte Bertsch	1979 Sioux Falls, State
5. 124'	David Bennett	1970
6. 123' 6 ½"	Monte Bertsch	1978 SBA, Big Bend Conference
7. 122' 7"	Kevin Kellogg	1978 Huron, James Valley Invitational
8. 122' 5"	Kyle Sybesma	2006 Miller, Region 3
9. 122' 4"	Kyle Sybesma	2007 Kadoka Invitational
10. 121' 6"	Preston Liebelt	2007 Kadoka Invitational

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CRITERIA FOR COMPILING TOP TEN LISTS

1. Times run at state meets prior to 1979 are converted from yards to meters. Marks established

elsewhere before 1981 are converted times.

2. Marks which were set under fully automatic timing (FAT) have been converted to hand-held times by subtracting .24 seconds, which is the standard used by the National High School Federation and the SDHSAA. Such times are denoted with an asterisk.
3. Hand-held times which were timed to 1/100 have been rounded up to the next 1/10 of a second. (EG 23.42 rounds up to 23.5) This standard is used by the SDHSAA for determining heat and lane assignments when hand-held times are used.