



LSA STATE Track and Field Top Twenty  
Times and Distances

From 1990 to 2019

Boys Division

### Top Ten 100 Meter Dash Times

Place	Participant	School	Time (s)	Year	Heat	Semi	Finals
1	Scott Evangelista	Park Ridge - St. Andrew	11.66	1996	*		
2	John Kranawetter	Murphysboro - Immanuel	11.72	1994	*		
3	Riyad Masri	Norwood Park - St. Paul	11.73	1994	*		
4	Marcus Choppa	Rockford Lutheran	11.75	1996			*
5	Andrew Pearson	Rockford Lutheran	11.76	2001			*
6	Al Harris	Peoria - Christ	11.77	2001			*
7	Scott Evangelista	Park Ridge - St. Andrew	11.78	1996			*
8	Jailon Welch	Hillside - Immanuel	11.82	2016	*		
9	Gabe Arroyo	Yorkville - Cross	11.83	2012			*
10	Andrew Pearson	Rockford Lutheran	11.87	2002			*
11	Al Harris	Peoria - Christ	11.89	2001		*	
	Simon Schneider	River Forest - Grace	11.89	2002			*
13	Najee Sylvester	Country Club Hills - St. John	11.91	2013			*
14	Kyle Mantick	Peoria - Concordia	11.92	2002	*		
15	Andrew Pearson	Rockford Lutheran	11.93	2002	*		
16	Jordan Queen	Centralia - Trinity	11.94	1999		*	
	Adam Backsmeier	Bloomington - Trinity	11.94	2000			*
	Simon Schneider	River Forest - Grace	11.94	2002	*		
19	Dakota Follis	Springfield - Trinity	11.95	2010	*		
	John Montgomery	Peoria - Christ	11.95	1994	*		

Top Twenty 200 Meter Dash Times

Place	Participant	School	Time (s)	Year	Heat	Semi	Finals
1	Simon Schneider	River Forest - Grace	24.19	2002			*
2	Dakota Follis	Springfield - Trinity	24.24	2010			*
	Najee Sylvester	Country Club Hills - St. John	24.24	2013			*
4	Scott Evangelista	Park Ridge - St. Andrew	24.26	1996			*
5	Matt Wolf	Belvidere - Immanuel	24.34	1999			*
6	Casten Kiersch	Bloomington - Trinity	24.37	1992			*
7	Scott Evangelista	Park Ridge - St. Andrew	24.44	1996	*		
8	Austin Burbach	Edwardsville - Trinity	24.47	2011			*
9	Matt Wolf	Belvidere - Immanuel	24.50	1999	*		
	Zach Cooper	Yorkville - Cross	24.50	2007			*
11	Nate Porcher	Mt. Prospect - St. Paul	24.53	1999	*		
12	Jackson Allen	Decatur - LSA	24.60	2013			*
13	Brandon Green	Palatine - Immanuel	24.64	1997	*		
	Elijah Robinson	Belleville - Zion	24.64	2015			*
15	Steven Schuldt	Dundee - Immanuel	24.66	1998			*
16	Zach Cooper	Yorkville - Cross	24.68	2006			*
17	Jeremiah Duncan	Peoria - Christ	24.69	2017		*	
18	Josh Short	Lincoln - Zion	24.69	1990			*
19	William Hoving	Yorkville - Cross	24.70	2012			*
	Nate Porcher	Mt. Prospect - St. Paul	24.70	1999			*

### Top Twenty 400 Meter Dash Times

Place	Participant	School	Time (s)	Year	Heat	Finals
1	Clint Galaske	Collinsville - Good Shepherd	53.81	2000		*
2	Andrew Ahlers	Collinsville - Holy Cross	54.36	2007		*
3	Carter Wasson	Steeleville – St. Mark’s	54.66	2019		*
4	Alec Murphy	Mt. Pulaski - Zion	54.72	2007		*
5	Garrison Shindler	Belleville - Zion	54.82	2017		*
6	Carter Wasson	Steeleville – St. Mark’s	54.87	2019	*	
7	John Diffor	Bloomington - Trinity	54.94	2012		*
8	Nathan Jensen	Yorkville - Cross	54.97	2008		*
9	Nate Wieting	Rockford Lutheran	55.19	2011	*	
10	Steven Schuldt	Dundee - Immanuel	55.22	1998		*
11	Mike Ritter	Arlington Heights - St. Peter	55.33	1990		*
12	Aron Hubers	Dundee - Immanuel	55.33	1999		*
13	Joel Seielstad	Tinley Park - Trinity	55.33	2013	*	
14	Kent Worries	Collinsville - Good Shepherd	55.36	2000	*	
15	Kent Worries	Collinsville - Good Shepherd	55.38	2000		*
16	Ian McLauchlan	Morton – Bethel	55.41	2019		*
17	Andrew Ahlers	Collinsville - Holy Cross	55.42	2006		*
18	Jon Neyer	Yorkville - Cross	55.59	2014		*
19	Eric Zwintscher	Lombard - St. John's	55.63	2005		*
20	Andrew Ahlers	Collinsville - Holy Cross	55.65	2007	*	

### Top Twenty 800 Meter Run Times

Place	Participant	School	Time (s)	Year	Heat	Finals
1	Garrison Shindler	Belleville - Zion	2m 07.25s	2017		*
2	Garrison Shindler	Belleville - Zion	2m 10.03s	2017	*	
3	Andrew Ahlers	Collinsville - Holy Cross	2m 11.26s	2006		*
4	Nick Kautz	Arlington Heights - St. Peter	2m 11.51s	2006		*
5	Derek Heerman	Peoria - Christ	2m 11.87s	2011	*	
6	Nate Wieting	Rockford Lutheran	2m 12.58s	2011	*	
7	Preston Carnahan	Lincoln - Zion	2m 12.63s	1994	*	
8	Andrew Ahlers	Collinsville - Holy Cross	2m 12.77s	2007	*	
9	Kris Fogo	Roselle - Trinity	2m 13.36s	2000		*
10	Jonathan Hinds	Champaign - St. John	2m 13.56s	2004	*	
11	Andrew Ahlers	Collinsville - Holy Cross	2m 13.65s	2007		*
12	Paul Green	Addison - Concord	2m 13.76s	2001	*	
13	Josh Hurford	Collinsville - Good Shepherd	2m 13.80s	2001	*	
14	Blaine Borhart	Marengo - Zion	2m 13.89s	2014		*
15	Preston Carnahan	Lincoln - Zion	2m 14.15s	1994		*
16	Kris Fogo	Roselle - Trinity	2m 14.35s	2000	*	
17	Mike Ritter	Arlington Heights - St. Peter	2m 14.66s	1990		*
18	Nate Izewski	Palatine - Immanuel	2m 14.78s	2012	*	
19	Bryan Huizenga	Morton - Bethel	2m 14.96s	2014	*	
20	Christian Funk	Decatur - LSA	2m 15.01s	2019		*

Top Twenty 1600 Meter Run Times

Place	Participant	School	Time (s)	Year
1	Trevor Wills	Yorkville - Cross	4m 55.12s	2012
2	Aaron Winter	Rockford Lutheran	4m 56.73s	2003
3	Anthony Dubose	Elgin - Fox Valley	4m 58.78s	2000
4	Cory Fleeman	Centralia - Trinity	4m 58.98s	2017
5	Cameron Plourde	Bloomington - Trinity	4m 59.00s	2014
6	Logan Campbell	Bloomington - Trinity	4m 59.33s	2005
7	Jonathan Hinds	Champaign - St. John	4m 59.61s	2004
8	Cory Fleeman	Centralia - Trinity	5m 00.08s	2016
9	Cade Milligan	Arlington Heights - St. Peter	5m 00.60s	2016
10	Ryan Burke	Batavia - Immanuel	5m 00.62s	2013
11	Bryan Huizenga	Morton - Bethel	5m 00.68s	2014
12	Luke Flesner	Springfield - Our Savior	5m 01.06s	2017
13	Erik Rogers	Arlington Heights - St. Peter	5m 01.46s	1992
14	Derek Heerman	Peoria - Christ	5m 01.81s	2011
15	Matt Ulrich	Palatine - Immanuel	5m 01.96s	2012
16	Owen Augustine	River Forest – Grace	5m 02.17s	2019
17	Nick Mitchell	Prairietown - St. Peter	5m 03.32s	1991
18	Derek Roberts	Naperville - Bethany	5m 03.85s	2014
19	David Deschamps	Arlington Heights - St. Peter	5m 03.93s	1998
20	Hayden Brown	Morton - Bethel	5m 03.96s	2011

Top Twenty 110 Meter Hurdle Times

Place	Participant	School	Time (s)	Year	Heat	Semi	Finals
1	Jordan Queen	Centralia - Trinity	15.41	1999	*		
2	Jordan Queen	Centralia - Trinity	15.44	1999		*	
3	Jordan Queen	Centralia - Trinity	15.59	1999			*
4	Derrick Yeo	Arlington Heights - St. Peter	15.95	1997			*
5	Ryan Thornton	Decatur - LSA	16.01	2002	*		
6	Carter Wasson	Steeleville – St. Mark’s	16.02	2019			*
7	Ian McLaughlan	Morton – Bethel	16.09	2019			*
8	Dennis Geyer	Chicago - St. Philip	16.15	2004		*	
	Luke Picciotti	Arlington Heights - St. Peter	16.15	2016			*
10	Dennis Geyer	Chicago - St. Philip	16.17	2004	*		
11	Jake Parsons	Palatine - Immanuel	16.19	2014	*		
12	Kyle Schroeder	Naperville - Bethany	16.22	2014	*		
13	Jason Blume	Rockford Lutheran	16.24	1996			*
14	Jon Meier	Mt. Prospect - St. Paul	16.30	2001			*
15	Kyle Schroeder	Naperville - Bethany	16.33	2014		*	
16	Craiton Nice	Marengo - Zion	16.35	2012	*		
17	Nathan Butler	Bethalto – Zion	16.40	2018			*
	Craiton Nice	Marengo - Zion	16.40	2012			*
19	Blaine Borhart	Marengo - Zion	16.44	2014		*	
20	Nathan Butler	Bethalto – Zion	16.46	2018	*		
	Cole Ohnesorge	Altamont Interparish	16.46	2007	*		

Top Twenty 4 X 100 Meter Relay Times

Place	School	Participants	Time (s)	Year	Heat	Finals
1	Yorkville - Cross	Gabe Arroyo, Mason Funk, Henry Hoving, William Hoving	48.37	2012		*
2	Belleville - Zion	Christian Brown, Andrew Combs, Jacob Marino, Jacob Muckensturm, Elijah Robinson	48.44	2015		*
3	Belleville - Zion	Christian Brown, Andrew Combs, Jacob Marino, Jacob Muckensturm, Elijah Robinson	48.73	2015	*	
4	Peoria - Christ	Wade Jackson, Kaleb Lawson, Kenny Rutherford, Cory Wysinger	48.74	2019		*
5	Yorkville - Cross	Gabe Arroyo, Mason Funk, Henry Hoving, William Hoving	48.82	2012	*	
6	Yorkville - Cross	Mitch Burke, Alex Houtz, Noah Klossing, Caleb Kok, David Swenson	48.87	2017		*
7	Yorkville - Cross	Zach Cooper, Sean Culp, Brandon Grote, Walter Warpinski	49.01	2006	*	
8	Yorkville - Cross	Mitch Burke, Alex Houtz, Noah Klossing, Caleb Kok, David Swenson	49.06	2017	*	
9	Yorkville - Cross	Zach Cooper, Sean Culp, Brandon Grote, Walter Warpinski	49.23	2006		*
10	Yorkville - Cross	Chad Beebe, Zach Cooper, David Kaegi, Nathan Jensen	49.45	2007	*	
11	Peoria - Christ	Fred Dixson, Geno Hess, Jaylin Howard, Tony Rudebeck	49.49	2014		*
12	Mt. Pulaski - Zion	Cole Awe, Chase Aylesworth, Jared Maxheimer, Alec Murphy	49.55	2007	*	
13	Collinsville - Good Shepherd	Josh Cooley, Andrew Hagnauer, Mike Mentz, Jordan Wicklein	49.57	2004		*
	Yorkville - Cross	Gabe Arroyo, William Hoving, Christian Prohl, Steven Stukay	49.57	2011		*
15	Rockford Lutheran	Andrew Bixby, Brian Blomquist, Marcus Choppa, Steve Nijoka	49.59	1996		*
16	Peoria - Christ	Darren Brown, Caleb Eckhoff, Ryan Shields, Justin Smith	49.61	2006		*
	Mt. Pulaski - Zion	Cole Awe, Chase Aylesworth, Jared Maxheimer, Alec Murphy	49.61	2007		*
18	Rockford Lutheran	Andrew Bixby, Brian Blomquist, Marcus Choppa, Steve Nijoka	49.62	1996	*	
19	Peoria - Christ	Wade Jackson, Kaleb Lawson, Kenny Rutherford, Cory Wysinger	49.64	2019	*	
20	Freeport - Immanuel	Eli Brouhard, Jared Hartman, Joshua Kostenbader, Jordan Wakeley	49.69	2001	*	



Top Twenty 4 X 200 Meter Relay Times

Place	School	Participants	Time (s)	Year	Heat	Finals
1	Yorkville - Cross	Gabe Arroyo, Mason Funk, Henry Hoving, William Hoving	1m 39.83s	2012		*
2	Yorkville - Cross	Gabe Arroyo, Mason Funk, Henry Hoving, William Hoving	1m 41.78s	2012	*	
3	Yorkville - Cross	Alex Houtz, Noah Klossing, Caleb Kok, Jordan Schutt, David Swenson	1m 42.68s	2017		*
4	Decatur - LSA	Jackson Allen, Tyler Coleman, Seth Reynolds, Clayton Vought	1m 42.91s	2013		*
5	Park Ridge - St. Andrew	Brynnan Baccus, Eric Nelson, Greg Roames, Brian Steffen	1m 43.35s	2005		*
6	Yorkville - Cross	Alex Houtz, Noah Klossing, Caleb Kok, Jordan Schutt, David Swenson	1m 43.41s	2017	*	
7	Peoria - Christ	Fred Dixon, Geno Hess, Jaylin Howard, Tony Rudebeck	1m 43.53s	2014		*
8	Peoria - Christ	Wade Jackson, Kaleb Lawson, Kenny Rutherford, Cory Wysinger	1m 43.75s	2019		*
9	Mt. Pulaski - Zion	Cole Awe, Chase Aylesworth, Jared Maxheimer, Alec Murphy	1m 43.97s	2007	*	
10	Peoria - Christ	Tony Banks, Caleb Eckhoff, Ryan Shields, Justin Smith	1m 44.00s	2006		*
11	Collinsville - Good Shepherd	Josh Cooley, Andrew Hannauer, Mike Mentz, Jordan Wicklein	1m 44.12s	2004		*
12	Morton – Bethel	Justin Defrees, Andrew McLauchlan, Alec Mihilic, Grant Selke, Blake Shoemaker	1m 44.17s	2019		*
13	Yorkville – Cross	Dillon Howorth, Anton Jones, Haydn McNelis, Roger Show	1m 44.30s	2009		*
14	Yorkville - Cross	Gabe Arroyo, Mason Funk, William Hoving, Christian Prohl	1m 44.58s	2011	*	
	Chester - St. John	Drake Bollman, Ethen Eggemeyer, Jacob O'Riley, Jacob Wingerter	1m 44.58s	2015		*
16	Yorkville - Cross	Zach Cooper, Brandon Grote, Nate Hall, Walter Warpinski	1m 44.59s	2005		*
17	Yorkville - Cross	Jon Neyer, Colton Schutt, Jeremy Schwarz, Nick Shanks, Jackson Torok	1m 44.61s	2014		*
18	Collinsville - Good Shepherd	Josh Cooley, Andrew Hannauer, Mike Mentz, Jordan Wicklein	1m 44.64s	2004	*	
19	Yorkville - Cross	Sean Baker, Chad Beebe, Zach Cooper, Nathan Jensen	1m 44.72s	2007		*
20	Peoria - Christ	Fred Dixon, Geno Hess, Jaylin Howard, Tony Rudebeck	1m 44.87s	2014	*	

Top Twenty 4 X 400 Meter Relay Times

Place	School	Participants	Time (s)	Year	Heat	Finals
1	Yorkville - Cross	Alex Houtz, Noah Klossing, Caleb Kok, Jordan Schutt, David Swenson	3m 56.35s	2017		*
2	Yorkville - Cross	Cody Knudsen, Haydn McNelis, Ryan McQuade, Roger Show	3m 57.24s	2009		*
3	Collinsville - Good Shepherd	Ian Ashcraft, Clint Galaske, Josh Hurford, Kent Worries	3m 57.31s	2000		*
4	Bloomington - Trinity	Caleb Diffor, Holden Lueck, Adam Namboodiri, Cameron Plourde, Isaac Stevenson	3m 57.84s	2014		*
5	Yorkville - Cross	Kyle Culp, Billy Howorth, Nathan Jensen, Ryan McQuade	3m 58.05s	2008		*
6	Belleville - Zion	Caleb Frohbieter, Elijah Robinson, Nathan Henry, Drew Wilkerson	3m 58.53s	2013		*
7	Bloomington - Trinity	Mark Backsmeier, Scott Blair, TJ Davis, Zach Henery	4m 00.45s	2004		*
8	Bloomington - Trinity	Levi Dale, Josh Hoffmann, Joe Rhykerd, Grayson Talaski, Sam Verda	4m 00.64s	2017		*
9	Lombard - St. John's	Jason Eberle, Jeremy Juhl, Stuart Sanko, Eric Zwinscher	4m 00.71s	2005		*
10	Rockford Lutheran	Stephen Baxter, Kyle Mowell, Will Sahlstrom, Jon Szewczyk	4m 00.72s	2005		*
11	Morton - Bethel	Zach Alt, Justin DeFrees, Ian McLauchlan, Alec Mihilic, Blake Shoemaker	4m 01.12s	2019		*
12	Yorkville - Cross	Gabe Arroyo, Mason Funk, Henry Hoving, Patrick McNamara	4m 01.73s	2012		*
13	Marengo - Zion	Brendan Anchor, Cristian Gomez, Michael Jennett, Brant Leshner, Zach Secor	4m 01.19s	2017		*
14	Yorkville - Cross	Alex Houtz, Noah Klossing, Caleb Kok, Jordan Schutt, David Swenson	4m 01.29s	2017	*	
15	Rockford Lutheran	Brian Cascio, Matt Idzikowski, Ryan Messier, Scott Thiele	4m 01.30s	1994		*
16	Bloomington - Trinity	Austin Davis, Tom Evelsizer, Mark Gilbert, Ethan Schueler	4m 01.59s	2010		*
17	Bloomington - Trinity	Ben Backsmeier, Justin Beyer, Nick Grieco, Kyle Steinbrueck	4m 01.81s	2002		*
18	Rockford Lutheran	Ben Chandler, Dario Ingardona, Adam Pearson, Nate Wieting	4m 01.88s	2011		*
19	Palatine - Immanuel	Nate Izewski, Jonah Kaufmann, Nate Rathe, Matt Ulrich	4m 02.12s	2012	*	
20	Centralia - Trinity	Justin Miles, Jordan Queen, Ben Ross, Tyler Rueter	4m 02.17s	1998		*

Top Twenty 4 X 800 Meter Relay Times

Place	School	Participants	Time (s)	Year
1	Marengo - Zion	Brendan Anchor, Luke Chaffin, Brant Leshner, Zach Secor, Rylan Smith	9m 26.15s	2017
2	Bloomington - Trinity	Levi Dale, Josh Hoffmann, Joe Rhykerd, Grayson Talaski, Sam Verda	9m 32.97s	2017
3	Palatine - Immanuel	Nate Izewski, Britt Sease, Dylan Tapia, Matt Ulrich	9m 36.32s	2012
4	Bloomington - Trinity	Alex Hess, Joshua Hoffman, Matt Ingalsbe, Andy Kosinski, Grayson Talaski	9m 37.90s	2016
5	Palatine - Immanuel	Nate Izewski, Nate Rathe, Britte Sease, Matthew Ulrich	9m 42.97s	2011
6	Bloomington - Trinity	Logan Campbell, Ryan Lehner, Jared Ruhrop, Brant Stielow	9m 45.58s	2005
7	Naperville - Bethany	Hunter Bailey, Jayden Gertsen, Jarett Gundersen, Sam Jablonsky, Marcus Skeete	9m 46.40s	2015
8	Arlington Heights - St. Peter	Jake Moravec, Ron Moravec, Matt Moss, Jonathan Mueller	9m 46.66s	2001
9	Belleville - Zion	Jacob Bates, Peyton Mueller, Garrison Shindler, Sam Vickery, Evan Wilkerson	9m 47.22s	2017
10	Champaign - St. John	Kai Baumgartner, Graham O'Gorman, John Smith, Kyle Treakle	9m 48.94s	2015
11	Palatine - Immanuel	Zach Gyuricza, Joe Megyrey, David Nordman, Matt Ulrich	9m 49.32s	2010
12	Collinsville - Good Shepherd	Garrett Fischer, Phil Hoback, Josh Hurford, Kent Worries	9m 50.85s	2000
13	Bloomington - Trinity	Jacob Hoeft, Matt Lage, Holden Lueck, Adam Namboodiri, Cameron Plourde	9m 51.34s	2014
14	Bloomington - Trinity	Josh Hoffman, Nick Marshall, Jackson Osborn, Alex Phan, Sam Verda	9m 51.45s	2018
14	Belleville - Zion	Jacob Hagen, Brad Lewis, Jon Lynch, Aaron McKerracher	9m 51.58s	2001
15	Belleville - Zion	Brennan Koester, Luke Matthews, Parker Roustio, Bo Schmidt	9m 51.67s	2010
16	Marengo - Zion	Brenden Anchor, Luke Chaffin, Cristian Gomez, Brant Leshner, Zach Secor	9m 51.84s	2016
17	Bloomington - Trinity	Jordan Busse, Bryce Morton, Kyle Steinbrueck, Tim Williams	9m 51.92s	2001
18	River Forest - Grace	David Anderson, Sean Cotton, Kurt Grahnke, Jamey Monks	9m 53.64s	2007
19	Bloomington - Trinity	Justin Beyer, Kyle Steinbrueck, Jason Westerfield, Tim Williams	9m 53.83s	2002
20	Belleville - Zion	Jeff Caringer, Lucas Hackmann, Parker Roustio, Matt Striegel	9m 54.95s	2011

### Top Twenty High Jump Heights

Place	Participant	School	Height	Year
1	Jeff Zoellick	Schaumburg - St. Peter	5' 10.00"	2000
2	Jason Blume	Rockford Lutheran	5' 09.00"	1996
	Phil Goforth	Naperville - Bethany	5' 09.00"	1999
	Christopher Staron	Lombard - St. John's	5' 09.00"	1997
5	Adam Brackman	Staunton - Zion	5' 08.00"	2003
	Zackary Hagie	Naperville - Bethany	5' 08.00"	2014
	Nick Koester	Collinsville - Good Shepherd	5' 08.00"	2000
	Luke Picchiotti	Arlington Heights - St. Peter	5' 08.00"	2016
9	Tyler Ammermann	Danville Lutheran	5' 07.00"	2005
	Henry Kling	Springfield - Our Savior	5' 07.00"	2017
	Phil Sikkenga	Wheaton - St. John	5' 07.00"	1993
	Dylan Webb	Naperville - Bethany	5' 07.00"	2014

13<sup>th</sup> Place at 5' 06.00"

Participant	School	Year	Participant	School	Year
Dan Alldridge	Bloomington - Trinity	1998	Joe Mantych	Mt. Prospect - St. Paul	2017
Jackson Allen	Decatur - LSA	2013	Matthew Martinson	Lansing - Trinity	2011
Tim Dixon	Danville Lutheran	1992	Eric Nelson	Park Ridge - St. Andrew	2005
Jason Eberle	Lombard - St. John's	2005	Luke Picchiotti	Arlington Heights - St. Peter	2015
Caleb Engelmann	Palatine - Immanuel	2016	Chad Roehrkasse	Steeleville - St. Mark	1998
Mason Going	Belleville - Zion	2010	Jaden Schutt	Yorkville - Cross	2018
David Heidloff	Bloomington - Trinity	1996	Jason Wilson	Belvidere - Immanuel	2001
Shaun Livingston	Peoria - Concordia	2000	Jeff Zoellick	Schaumburg - St. Peter	1999
John Lynch	Belleville - Zion	2002			

Top Twenty Long Jump Distances

Place	Participant	School	Length	Year
1	Dakota Follis	Springfield - Trinity	19' 07.00"	2010
2	Nate Porcher	Mt. Prospect - St. Paul	19' 04.25"	1999
3	Eric Deist	Edwardsville - Trinity	19' 04.00"	1998
4	John Diffor	Bloomington - Trinity	19' 03.75"	2012
5	Dyllon McKinney	Crystal Lake - Immanuel	19' 01.25"	2007
6	John Kranawetter	Murphysboro - Immanuel	19' 00.25"	1994
7	Clint Galaske	Collinsville - Good Shepherd	18' 10.50"	2000
	Luke Holtmeier	Mt. Prospect – St. Paul	18' 10.50"	2019
9	Joel Zielke	Elmhurst - Immanuel	18' 09.50"	1997
10	Derrick Yeo	Arlington Heights - St. Peter	18' 08.50"	1997
11	James Nelson	Collinsville - Holy Cross	18' 08.25"	2003
12	Corey Quinn	Buckley - St. John	18' 08.00"	2003
13	Brian Mayo	Tinley Park - Trinity	18' 06.50"	2011
14	Jared Hartman	Freeport - Immanuel	18' 06.00"	2001
15	Jack Sherick	Springfield - Our Savior	18' 05.75"	2012
16	Elijah Robinson	Belleville - Zion	18' 05.25"	2015
17	Erik Andrews	La Grange - St. John's	18' 03.50"	2005
	Brenden Wall	Freeport - Immanuel	18' 03.50"	2007
19	Tyler Middleton	Lansing - St. John	18' 03.25"	2005
20	Kente Mixon	Chicago - Messiah	18' 03.00"	2007

### Top Twenty Triple Jump Distances

Place	Participant	School	Length	Year
1	Jaden Schutt	Yorkville – Cross	40' 02.25"	2018
2	James Nelson	Collinsville - Holy Cross	39' 11.00"	2004
3	Caleb Diffor	Bloomington - Trinity	39' 06.50"	2014
4	Kyle Schroeder	Naperville - Bethany	38' 07.75"	2014
5	John Kranawetter	Murphysboro - Immanuel	38' 07.00"	1994
	Ian McLauchlan	Morton – Bethel	38' 07.00"	2019
7	Eric Deist	Edwardsville - Trinity	38' 05.50"	1998
8	James Nelson	Collinsville - Holy Cross	38' 05.00"	2003
9	Craiton Nice	Marengo - Zion	38' 04.50"	2012
10	Michael Benning	Springfield - Our Savior's	38' 04.00"	2016
11	Jack Sherrick	Springfield - Our Savior's	38' 03.00"	2012
12	Phillip Kolk	Belvidere - Immanuel	38' 02.00"	2014
13	Chris Kammer	Champaign - St. John	38' 00.25"	1990
14	John Jaworski	Naperville - Bethany	37' 11.00"	2015
15	Nate Porcher	Mt. Prospect - St. Paul	37' 09.50"	1999
16	Jeff King	Rochelle - St. Paul	37' 09.25"	2002
17	Brian Grider	Naperville - Bethany	37' 08.50"	1994
18	Luke Holtmeier	Mt. Prospect – St. Paul	37' 08.00"	2019
	Josh Laabs	Belvidere - Immanuel	37' 08.00"	1997
20	Adam Schlamp	Freeport - Immanuel	37' 07.75"	2000

### Top Twenty Shot Put Distances

Place	Participant	School	Length	Year
1	Jaden Pankau	Roselle - Trinity	48' 00.75"	2017
2	Dan Schroeder	Peoria - Concordia	46' 08.25"	2000
3	Brain Koppen	Dundee - Immanuel	46' 06.00"	1993
4	Sky Hagy	Yorkville - Cross	45' 04.75"	2000
5	Dan Schroeder	Peoria - Concordia	44' 10.25"	1999
6	Jason Mann	Centralia - Trinity	44' 08.75"	2003
7	Ross Anderson	Decatur - LSA	44' 08.00"	2009
8	Brandon Grote	Yorkville - Cross	44' 04.00"	2006
9	Joe Davis	Lombard - St. John	44' 00.50"	2002
10	Ben Steiner	Lincoln - Zion	43' 10.50"	2012
11	Seth Knolhoff	Hoffman - Trinity	43' 10.00"	2003
12	Ron Lindahl	Roselle - Trinity	43' 08.00"	2000
13	Rick Bremer	Belleville - Zion	43' 07.75"	1999
14	Jared King	Decatur - LSA	43' 02.00"	2001
15	Bryce Vollrath	Peoria - Christ	43' 02.50"	2012
16	Fred Gasper	Decatur - LSA	43' 01.75"	2009
17	Ryan Sidwell	Collinsville - Holy Cross	43' 01.50"	2000
19	Ryan Heuser	Addison - Concord	42' 09.50"	2003
20	Brian Keefe	Arlington Heights - St. Peter	42' 08.00"	2006

### Top Twenty Discus Throw Distances

Place	Participant	School	Length	Year
1	Harry Uyehara	Collinsville - Good Shepherd	143' 01.00"	2010
2	Colin Ramsour	Hoffman - Trinity	133' 03.00"	2017
3	Brain Clendening	Belvidere - Immanuel	133' 02.00"	1998
4	Aaron Krieg	Centralia - Trinity	132' 08.00"	2005
5	Curtez Ward	River Forest - Grace	132' 03.00"	2003
6	Matt Sachtleben	Collinsville - Holy Cross	132' 00.00"	2000
	Brody Vollrath	Peoria - Christ	132' 00.00"	2016
8	Jason Sprengel	Chester - St. John	131' 06.00"	1998
9	Jim Walters	Belleville - Zion	130' 11.00"	1998
10	Ryan Lotz	Belleville - Zion	130' 06.00"	2009
11	Dominic Collado	Crystal Lake - Immanuel	129' 06.00"	2016
12	Ian McKinney	Springfield - Trinity	129' 04.00"	2009
13	Kevin Knop	Steeleville - St. Mark	129' 03.00"	2004
	Casey Starostka	Tinley Park - Trinity	129' 03.00"	2015
15	Harrison Wethers	Collinsville - Good Shepherd	129' 01.00"	2011
16	Jaden Pankau	Roselle - Trinity	128' 10.00"	2017
17	Jacob Mills	Beecher - Zion	127' 09.00"	2014
18	Tyler Kostecki	Red Bud - St. John	127' 05.00"	2000
19	Tony Stirling	Rockford Lutheran	127' 03.00"	1994
20	Brian Keefe	Arlington Heights - St. Peter	127' 00.00"	2006



### Top Twenty Team Points

Place	School	Points	Year
1	Yorkville - Cross	109	2009
	Arlington Heights - St. Peter	99	1992
	Rockford Lutheran	99	1996
4	Collinsville - Good Shepherd	99	2000
5	Belleville - Zion	96	2015
6	Yorkville - Cross	92	2008
7	Rockford Lutheran	89	1994
8	Morton – Bethel	86	2019
9	Rockford Lutheran	84	2011
	Yorkville - Cross	84	2012
11	Collinsville - Good Shepherd	82	2004
12	Arlington Heights - St. Peter	81	1993
13	Yorkville - Cross	79	2007
14	Arlington Heights - St. Peter	77	2016
15	Collinsville - Holy Cross	76.5	2002
16	Yorkville - Cross	76	2006
17	Bloomington - Trinity	74	2014
18	Arlington Heights - St. Peter	73	1990
	Belleville - Zion	73	2010
	Freeport - Immanuel	73	2001
	Rockford Lutheran	73	2001

### Schools With Multiple Championships

Arlington Heights – St. Peter	5
Rockford Lutheran	5
Yorkville – Cross	5
Belleville – Zion	2
Collinsville – Good Shepherd	2
Decatur - LSA	2
Morton – Bethel	2
Lincoln - Zion	2

These records are taken from Track and Field data from 1993 to the present. Great care was taken to ensure accuracy; however, the process is manual. Please e-mail Andy Crouse if you feel something is missing or wrong. Only first place times and distances from 1990 to 1992 are available. Efforts to find complete data from those years have not been successful. If you have this data, please contact Andy Crouse.