

# CEDAR RAPIDS KENNEDY ALL-TIME TOP TEN

## SHOT PUT

Jackson Coker	63'9.5"	2017
Dalles Jacobus	60'6"	2016
Ben Lamaak	56'11"	2006
Bill Roby	56'9"	1978
Kevin Murray	56'7.5"	1975
Gary Ryan	55'9.5"	1970
Scott Garwood	55'8.25"	1986
Stacy Mostrom	55'5"	1991
Patrick Cory	55'2.5"	1990
John Salzbrenner	55'1.5"	1982

## 100 Meter Dash

Mike Blasingame	10.74	1978
Baylor Goode	10.91	1990
Christian French	10.92	2010
J.C. Steinburg	10.95	1995
Cordale Baker	10.98	2005
Shion Thomas	10.98	2005
Chase Baker	11.03	2017
Zak Pakingham	11.04	2017
Calron Hendred	11.05	2017
Greg Mick	10.57(yds)	1976

## Discus

Jackson Coker	183'05"	2016
Tim Polehna	176'04"	2002
Dalles Jacobus	174'11"	2016
Matt Manuel	169'05"	1994
Gary Schmidt	167'07"	1981
Eli Kaump	166'07"	1997
Brett Kellogg	158'03"	1999
Todd Kohl	157'07"	1979
Cam Jones	154'11"	2017
Kameron Beets	153'03"	2010

## 110 Meter High Hurdles

David Schmidt	14.62	1992
Doug Schenatzke	14.64	1983
Shaun Beyer	14.66	2016
Terrell Jordan Jr.	14.76	2016
Jason Drewlow	14.84	1995
Max Martino	14.88	2010
Mike Morrison	14.91	1992
Kyle Brockmeyer	14.93	2005
Mike Votroubec	14.44(yds)	1970
Dan Greenwood	14.84(yds)	1975

## 400 Meter Low Hurdles

Randy Moore	52.64	1981
Joel Hartman	53.04	1985
Austin Coates	53.89	2016
Mike Morrison	54.30	1992
Jake Losch	54.32	2011
Paul Kerkman	54.36	1997
Shane Berry	54.74	1981
Steve Schenatzki	54.84	1983
Matt Gardner	55.26	2016
Patrick Cahalan	55.72	2007

## 1600 Meter Run

Adam Hairston	4:21.48	2005
Nate Barnes	4:24.84	1993
Bob Brooker	4:24.94	1980
Ryan Williamson	4:27.99	2006
Tony Walsh	4:28.07	1989

## 3200 Meter run

Nate Barnes	9:28.74	1993
Adam Hairston	9:31.53	2006
Greg Skopec	9:33.84	1980
Tim Skopec	9:36.84(2M)	1977
Bernie Crinigan	9:41.04(2M)	1975
Ryan Williamson	9:41.07	2006
Chris Dennison	9:44.92	1993
Chris Black	9:46.45	1991
Mike Phillips	9:49.24	1983
Joe Havlik	9:56.44(2M)	1974

## 4 X 200 Meter Relay

1:27.55	2017	B. Jones
1:27.83	2014	C. Baker
1:28.01	2013	T. Kelly
1:28.26	2009	M. Shanklin
1:29.34	1981	
1:29.35	1990	
1:29.72	1985	
1:29.77	2010	
1:30.56	2005	

## 4 X 800 Meter Relay

7:51.34	1984	Phillips
7:53.84	1983	Gilliland
7:55.43	2008	Dumond
7:56.94 (yds)	1975	Hartman
7:58.50	1993	
7:59.44	1980	
8:01.44	1985	
8:02.14	1992	
8:05.42	2015	
8:06.18	2000	

## Shuttle Hurdle Relay

56.09	2010	C. Bradley
56.11	2016	M. Martino
56.12	2014	R. Dusil
56.65	2013	J. Losch
57.37	2009	
57.87	2012	
58.05	2015	
58.43	2008	
58.48	2017	
58.61	2011	

## LONG JUMP

Derek Jacobus	23'1.5"	2014
Caleb Mere	23'00"	2011
Shaun Beyer	22'10.25"	2016
Rob Vrbcick	22'08"	1976
Famiek Cook	22'04.5"	2014
Malik Haynes	22'04"	2017
Marty Vanzee	22'03"	1986
Patrick Krambeer	22'00"	1995
Terrell Jordan Jr.	21'10.75"	2017
Willie Rhoads	21'10.5"	2015

## 200 Meter Dash

Baylor Goode	21.85	1990
Mike Blasingame	22.24	1978
Doug Tabor	22.24	1982
Scott Owens	22.24	1982
Joe Gueren	22.35	1990
Cordale Baker	22.47	2005
Christian French	22.53	2010
Chase Baker	22.54	2017
Greg Mick	21.74(yds)	1976
Norm Mallory	22.34(yds)	1971

## High Jump

Tim Suchan	7'00"	1990
Jamey Quelle	6'09"	1989
Willie Rhoads	6'08"	2015
Mike Aswegen	6'08"	1997
Matt Burns	6'08"	1990
Shaun Beyer	6'07"	2015
Eli Kaump	6'07"	1997
Brad Pospisil	6'07"	1984
Mark Hilmquist	6'6.5"	1983
Steve Garty	6'6"	2003

## 400 Meter Dash

Baylor Goode	48.48	1990
Scott Owens	49.44	1982
John Koelling	49.48	2013
Anthony Crawley	49.64	2011
Jake Freebolin	49.90	2008
Tom Peifer	49.98	1985
Kyle Slaymaker	49.99	2009
Joe Gueren	50.18	1990
Dan Wilson	50.24	1980
Norman Mallory	49.84(yds)	1971

## 800 Meter Run

Kyle Slaymaker	1:54.34	2009
Mark Schulz	1:55.74	2015
Adam Hairston	1:56.69	2006
Chris Wolfe	1:57.24	1986
Anthony Crawley	1:57.41	2009
Michael Rosenthal	1:57.61	2010
Jeff Gilliland	1:58.15	1985
Brad Russell	1:58.37	1993
Rick Freese	1:54.64(yds)	1968
Jeff Davidson	1:59.54(yds)	1975

## Mile Run

Jeff Davidson	4:16.50	1975
Tom Novak	4:19.80	1977
Bernie Crinigan	4:24.70	1975
Rick Freese	4:24.70	1968
Tim Skopec	4:27.70	1977

## 4 X 100 Meter Relay

42.49	2014	M. Perkins
42.57	2005	F. Cook
42.84	1990	J.Shannon
42.87	2017	De. Jacobus
43.18	2006	
43.35	1992	
43.47	2010	
42.54 (yds)	1977	
43.14 (yds)	1970	
43.24 (yds)	1975	

## 4 X400 Meter Relay

3:20.36	1985	Peifer
3:20.77	2009	Gilliland
3:22.06	2008	Hartman
3:22.33	2015	Goode
3:22.49	2017	
3:23.14	1990	
3:23.24	1982	
3:23.74	1981	
3:23.78	2011	
3:24.14	1984	

## Medley Relay

3:28.08	2009	K.Hopkins
3:28.44	1985	J. Simmons
3:30.38	2008	A. Crawley
3:31.48	2006	K. Slaymaker
3:32.24	1984	
3:32.26	2011	
3:33.74	1978	
3:34.27	2016	
3:29.44 (yds)	1969	
3:33.24 (yds)	1975	

## Sprint Medley Relay - New in 2017

1:32.77	2017	P. McCarty
		C Baker
		M. Shanklin
		J. Price

\*Updated 2017.

\*\* All hand times were converted to FAT times.