

All-Time Top 10 Performances EHS Track & Field

<i>Athlete</i>	<i>Mark</i>	<i>Year</i>	<i>Meet</i>	<i>Athlete</i>	<i>Mark</i>	<i>Year</i>	<i>Meet</i>
100 Meter Dash							
Tyler Williamson	10.80	2006		Kristi Colberg	12.6	1982	
Matt Konrad	11.00	2012	Alumni	Leannah Tekrony	12.62	2015	Regions
Jameson Clarke	11.01	2003		Kim Squires	12.68	2002	
Eric Peterson	11.24	2009	EDC	Sieneh Mulbah	12.77	2010	SnoBird
David Colberg	11.3	1987	State	Whitney Miller	12.87	2011	DVC
Dennis Eisnach	11.4 (y)	1954		Lindsey Fugere	12.91	2004	
Phil Force	11.4 (y)	1962		Marci Colberg	13.0	1983	Pipestone
Greg Miller	11.4	1979		Lizette DeVille	13.2	1979	
Phil Nystrom	11.4	2005		Marne Gorder	13.28	2005	
Rusty Brandsrud	11.41	2000		Stacey Mitchell	13.3	1992	
200 Meter Dash							
Tyler Williamson	22.33	2006		Kristi Colberg	26.15	1982	
Eric Peterson	22.65	2009	Regions	Leannah Tekrony	26.23	2015	Regions
Eric Klinker	22.76	1997		Sieneh Mulbah	26.42	2010	DVC
Jameson Clarke	22.86	2004		Kim Squires	26.52	2002	Regions
Chad Krogh	23.0	1985		Savannah Dolezal	26.55	2014	Regions
Matt Konrad	23.1	2013	Regions	Roxie Rossman	26.7 (y)	1976	
Andy Licht	23.19	2001		Casey Dolezal	26.97	2007	DVC
Jordan Busch	23.24	2010	Kiwanis	Whitney Miller	27.01	2011	Regions
Tim Licht	23.49	2001		Lindsey Fugere	27.15	2004	
Bill Licht	23.7	1976		Anita Hemmer	27.2	1979	
400 Meter Dash							
Tyler Williamson	49.69	2006	State	Kristi Colberg	58.38	1980	
Eric Peterson	50.89	2009	State	Savannah Dolezal	59.18	2014	State
Andy Licht	51.68	2002		Jeni Ching	60.07	2002	State
Chad Krogh	51.9	1985		Mikayla Saathoff	61.51	2009	DVC
Zach Busch	52.18	2008	DVC	Casey Dolezal	62.21	2008	Alumni
Brandon Krein	52.18	2010	Kiwanis	Melissa Zemlicka	62.27	2009	EDC
Matt Peterson	52.50	2008	EDC	Roxie Rossman	62.7	1977	
David Colberg	52.72	1987	EDC	Leannah Tekrony	62.84	2015	Kinney
Paul Ellwein	52.9	1963		Marci Colberg	63.26	1985	Milbank
D'Wayne Peterson	52.92	1987	EDC	Lisa Lundquist	63.4	1981	Milbank
800 Meter Run							
Brandon Krein	1:58.87	2010	State	Jeni Ching	2:19.99	2002	State
Jerry Jefferis	2:01.9 (y)	1977	Regions	Kristi Colberg	2:22.03	1981	Milbank
Matt Peterson	2:02.04	2008	Kinney	Shannon LaJoie	2:24.97	2009	Kinney
Greg Foster	2:04.67	1986.87?	SVInvite	Mikayla Saathoff	2:26.54	2011	State
Warren Hemmer	2:05.5	1977		Melissa Zemlicka	2:29.86	2009	State
Rick Wales	2:06.0	1965		Marci Colberg	2:30.7	1986	Regions
Alan Zafft	2:06.25	1993		Kali Begalka	2:32.09	2006	
Tyler Williamson	2:08.16	2006		Denise Ching	2:33.6	2005	
Russ Schwartz	2:08.3	1975		Elaina Bruna	2:34.23	2006	
Shannon Rodman	2:09.73	1987	EDC	Savannah Dolezal	2:37.11	2014	Kinney

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1600 Meter Run							
Brandon Krein	4:35.19	2010	State	Jeni Ching	5:25.39	2002	HW
Roger Schwartz	4:38.6 (y)	1972		Jodi Rust	5:26.0	1983	
Trevor Ward	4:38.79	2013	State	Shannon LaJoie	5:26.24	2009	State
Jerry Jefferis	4:38.8	1978		Elaina Bruna	5:34.32	2006	
Warren Hemmer	4:42.4	1977		JoAnne Hemmer	5:47.3	1980	
Matt Peterson	4:44.16	2008	Alumni	Morgan Krein	5:48.45	2012	Kinney
Bo West	4:45.4	1992		Jessica Derby	5:50.07	2009	DVC
Richard Wales	4:45.9 (y)	1965		Denise Ching	5:50.15	2004	
Blake Saathoff	4:50.71	2009	State	Abbi Benning	5:53.77	2014	Regions
Reid Johnson	4:56.3	2001		Danielle Thompson	5:55.93	2010	Kinney
3200 Meter Run							
Trevor Ward	10:16.12	2013	State	Jeni Ching	12:02.81	2000	State
Dennis Linneman	10:22.0 (y)	1973		Shannon LaJoie	12:27.49	2009	Kinney
Matt Peterson	10:28.32	2008	HW	Abbi Benning	12:41.00	2011	Kinney
Blake Saathoff	10:31.10	2009	HW	Jessica Derby	12:47.40	2005	Kinney
Mark Simon	10:50.33	1986	EDC	Denise Ching	12:57.51	2004	
Brandon Krein	10:51.2	2009	Kiwanis	Stacey Schwartz	12:58.03	1989	
Dary Schwartz	10:59.56	1986.87?	SVInvite	Morgan Krein	13:11.46	2012	State
Seth Pomrenke	11:16.76	2014	Kinney	Melissa Derby	13:12.15	2005	DVC
Jason Skovlund	11:19.29	1993		Kaylee Faehnrich	13:17.76	2016	Kiwanis
Garret Reed	11:20.00	2011	Alumni	Natalie Ching	13:18.28	2004	
110m -- High Hurdles -- 100m							
Eric Klinker	14.78	1997	Regions	Amy Taylor	16.2	1999	
Tom Caron	15.0 (y)	1978		Lexi Mennenga	16.53	1993	
Tim Licht	15.99	2001		Casey Dolezal	16.63	2007	Regions
Eric Moore	16.19	2012	State	Abby Licht	16.66	2012	Regions
Jason Coleman	16.71	1999		Jodi Jensen	17.02	1986	
Stacey Eckerson	17.5	1985	Cstlwd	Brenna Johnson	17.71	2009	Regions
Jack Sonnenburg	18.41	2017	SnoBird	Savannah Dolezal	18.2	2011	PorkChop
Greg Archer	18.44	1986	Cstlwd	Kelli Wermers	18.35	1981	
Nolan Sonnenburg	18.79	2014	DVC	Rachel Linneman	18.52	2004	
Mark Francisco	19.1	2001		Britney Helmboldt	19.0	2006	
300m Low Hurdles							
Eric Klinker	39.27	1997		Casey Dolezal	47.55	2008	State
Tim Licht	43.99	2000		Leannah Tekrony	48.88	2015	DVC
Mike Buschenfeld	44.0	1989		Alaina Struwe	49.95	2010	Kiwanis
Eric Moore	44.98	2012	DVC	Marne Gorder	50.26	2005	
Paul Jongeling	45.12	1996		Lexi Mennenga	50.31	1993	
Tyler Williamson	45.2	2005		Abby Licht	50.81	2012	DVC
Mark Francisco	45.35	2001		Jodi Jensen	51.02	1986	
Stacey Eckerson	45.38	1985	Hwy14	Amy Taylor	51.77	1998	
Jack Sonnenburg	46.03	2015	DVC	Savannah Dolezal	52.30	2010	DVC
Jeremy Gorder	46.53	2008	EDC	Kelli Wermers	52.55	1981	?

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High Jump							
Dave Ziegler	6' 5"	1997	State	Amy Heismeyer	5' 2"	1994,95	
Kevin Kalsbeck	6' 4"	1991		Amy Taylor	5' 1"	1998	
Lynn Johnson	6' 3.5"	1979		Megan Taylor	5' 0"	2009	EDC
David Mulbah	6' 2"	2010	State	Renaee Boone	4' 10"	1980	
Les Rossman	6' 1"	1981	SV	Heather Ching	4' 10"	1995	
Lance Sonnenburg	6' 0"	1987	Milbank	Hilary Gorder	4' 10"	2006	
Jason Coleman	6' 0"	1999		Kathy Serr	4' 8"	1975	
Tom Caron	5' 10"	1976		Deanna Simon	4' 6"	1987	EDC
Les Rossman	5' 10"	1981	Milbank	Jennifer Saathoff	4' 6"	1999	
Zach Busch	5' 10"	2005		Cindy Meyer	4' 6"	2004	
Long Jump							
Lynn Johnson	21' 8"	1980		Amy Taylor	16' 7.5"	1999	
David Colberg	21' 8"	1987	EDC	Amy Jo Johnson	16' 3.5"	1988	
Jameson Clarke	21' 4"	2004	EDC	Leannah Tekrony	16' 1.75"	2015	Kinney
Paul Ellwein	21' 2.5"	1963		Hilary Gorder	16' 0"	2007	DVC
Kenny Knopp	20' 10.25"	2011	Kinney	Cari Schwartz	15' 10"	1995	
Eric Klinker	20' 10"	1996		Jessica Derby	15' 7.5"	2007	DVC
Tim Clarke	20' 7.5"	1976		Diana Klinker	15' 4.75"	1996	
Tyler Williamson	20' 3.75"	2005		Courtney Sonnenburg	15' 2.5"	2007	Kinney
Zach Busch	20' 3.5"	2007	Regions	Kylie Beare	15' 1.75"	2017	Alumni
Rusty Brandsrud	20' 1"	2001		Britney Helmbolt	14' 11"	2006	
Triple Jump							
Eric Klinker	43' 4.75"	1997		Hilary Gorder	35' 6.75"	2009	State
Les Rossman	43' 3.25"	1980		Amy Jo Johnson	34' 7.25"	1988	
Josh Licht	41' 10.75"	2010	Alumni	Abby Licht	32' 5.75"	2012	DVC
Jason Coleman	41' 5.75"	1999		Jenn Fuhr	32' 2.5"	2004	
Tim Clarke	41' 1.5"	1975		Megan Taylor	31' 11.5"	2010	Regions
Reid Johnson	40' 10.5"	2002		Britney Helmbolt	31' 11.25"	2006	
Max Gorder	40' 10"	2011	SnoBird	Amy Heismeyer	31' 8"	1991	
Lynn Johnson	40' 6"	1979		Amy Taylor	31' 7"	2001	
Kenny Knopp	40' 4"	2010	O'Gorman	Kylie Beare	31' 7"	2017	DVC
Bob Boone	40' 0.75"	1977		Leannah Tekrony	31' 3"	2015	PorkChop
Pole Vault <i>(reinstated in 2007)</i>							
Brady Linneman	12' 6"	2011	State	Megan Taylor	9' 0"	2010	State
Jeremy Gorder	12' 0"	2009	EDC	Lizzy Bjorklund	8' 6"	2013	DVC
Steve Johnson	11' 11"	1977	<i>record board</i>	Christine Nefzger	8' 3"	2016	Regions
Lynn Johnson	11' 0"	1981	SVInvite	Michaela Derby	8' 0"	2011	Regions
Ben Shay	10' 0"	2011	Regions	Shanie Hollenbeck	7' 9"	2016	Regions
Leroy Koepke	9' 6"	1981	SVInvite	Melissa Derby	7' 6"	2010	O'Gorman
Maxx Hausman	9' 6"	2013	DVC	Natalie Gorder	7' 6"	2014	Regions
Eric Moore	9' 0"	2012	DVC	Alexis Vomacka	6' 9"	2017	Alumni
Marcis Hausman	9' 0"	2017	DVC	Josie Anderson	6' 6"	2017	PorkChop
Rob Gorder	8' 6"	1977	Regions	Jessica Nordquist	6' 3"	2007	DVC

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Discus							
Gary Boettcher	154' 3"	1968		Brenda Janssen	136' 4.5"	1988	
Eric Heismeyer	148' 3"	1992	DVC	Melissa Hendrickx	122' 2"	2004	
Duane Barnes	140' 6"	1964		Jamie Begalka	123' 9"	2016	Regions
Jeff Rieger	138' 2"	2008	Regions	Linda Stroschein	118' 5"	2009	DVC
Brian Vohlken	134' 1"	2012	Kinney	Megan Warne	117' 4"	2009	DVC
Josh Chapin	132' 3"	2002	Regions	Katie Hendrickson	114' 11"	2012	Regions
Jim Lentz	131' 8"	1978		Kelsey Ward	113' 8"	2004	
Jakob Weinberg	128' 2"	2016	DVC	Shelby Reed	104' 0"	2012	Alumni
Dan Johnson	127' 9"	2001		Tiffany Vohlken	102' 8"	2017	SnoBird
Justin Eckert	125' 3"	2004		Sierra Johnson	101' 0"	2011	Kinney
Shot Put							
Eric Heismeyer	52' 5"	1992	State	Jamie Begalka	42' 11.25"	2015	Regions
Gary Boettcher	51' 5"	1968		Shelby Reed	40' 2"	2012	Kinney
Duane Barnes	50' 1"	1965		Kelsey Ward	40' 1.5"	2003	
Jeff Rieger	49' 11"	2009	Kinney	Katie Hendrickson	38' 1.5"	2014	Regions
Jim Lentz	46' 8.5"	1978		Linda Stroschein	37' 7.25"	2009	Kinney
Jason Rodman	46' 2"	1995		Megan Warne	37' 0.5"	2009	State
Jakob Weinberg	43' 11.5"	2016	Kinney	Kelsey Begalka	36' 8.5"	2009	State
Justin Eckert	43' 8"	2005		Kaitlyn Steffensen	35' 7.75"	2016	Kinney
David Runia	43' 7.5"	2011	Regions	Brenda Janssen	34' 4"	1989	
Austin Donley	43' 4"	2010	Kiwanis	Rochelle Boettcher	33' 6.75"	1990	

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400m (4 x 100) Relay							
David Colberg, Jay Kasdorf, D'Wayne Peterson, Bryan Zafft	45.3	1987		Sienah Mulbah, Whitney Miller, Alaina Struwe, Mikayla Saathoff	51.24	2010	State (Prelims)
Kenny Knopp, Brady Linneman, Eloy Gallegos, Jordan Busch	45.49	2011	State	Lisa Lundquist, Lizette DeVille, Vicky Warborg, Kristi Colberg	51.99	1980	
Jeremy Gorder, Eloy Gallegos, Brady Linneman, Jordan Busch	45.90	2010	Regions	Katie Hendrickson, Mikayla Saathoff, Alaina Struwe, Whitney Miller	52.28	2011	State
Justin Clarke, Jameson Clarke, Tim Licht, Rusty Brandsrud	46.1	2001		Whitney Miller, Alaina Struwe, Savannah Dolezal, Mikayla Saathoff	52.41	2011	Howard Wood
Tyler Williamson, Zach Busch, Keith Holter, Phil Nystrom	46.26	2005		Kim Squires, Jeni Ching, Marne Gorder, Nikki Fugere	52.9	2001	
Jeremy Gorder, Josh Licht, Eloy Gallegos, Jordan Busch	46.28	2009	Kinney	Marci Colberg, Lisa Lundquist, Lizette DeVille, Kristi Colberg	53.06	1982	
Jeremy Gorder, Josh Licht, Jordan Busch, Brady Linneman	46.31	2010	SnoBird	Courtney Sonnenburg, Steph Tekrony, Cindy Meyer, Marne Gorder	53.16	2005	
Jason Coleman, Jason Appel, Steve Jongeling, Jess Freeseemann	46.5	1999		Marne Gorder, Courtney Sonnenburg, Cindy Meyer, Lindsey Fugere	53.34	2004	
Rusty Brandsrud, Justin Clarke, Tim Licht, Jess Popham	46.5	2000		Alaina Struwe, Whitney Miller, Sieneh Mulbah, Katie Hendrickson	53.36	2010	Kiwanis
Brady Miller, Maxx Hausman, Trevor Gorder, Matt Konrad	46.5	2013	Regions	Courtney Sonnenburg, Brittney Hutt, Cindy Meyer, Marne Gorder	53.4	2005	

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800m (4 x 200) Relay							
Kenny Knopp, Eloy Gallegos, Brady Linneman, Jordan Busch	1:34.52	2011	Howard Wood	Sieneh Mulbah, Whitney Miller, Alaina Struwe, Savannah Dolezal	1:48.43	2010	State
Justin Clarke, Rusty Brandsrud, Andy Licht, Tim Licht	1:35.14	2001		Marci Colberg, Lisa Lundquist, Lizette DeVilje, Kristi Colberg	1:49.0	1981	
D'Wayne Peterson, Bryan Zafft, David Colberg, Layne Saathoff	1:35.4	1985		Kim Squires, Amy Peterson, Nikki Fugere, Jeni Ching	1:50.35	2000	
Jeremy Gorder, Eloy Gallegos, Jordan Busch, Eric Peterson	1:35.56	2009	Howard Wood	Sieneh Mulbah, Hilary Gorder, Kali Begalka, Mikayla Saathoff	1:50.72	2009	State
Eloy Gallegos, Kenny Knopp, Brady Linneman, Jordan Busch	1:36.00	2010	DVC	Whitney Miller, Sieneh Mulbah, Alaina Struwe, Mikayla Saathoff	1:51.07	2010	Kiwanis
Jameson Clarke, Reid Johnson, Josh Chapin, Andy Licht	1:36.16	2002		Courtney Sonnenburg, Cindy Meyer, Megan Killoran, Marne Gorder	1:51.09	2005	
Lynn Johnson, Les Rossman, Greg Miller, Todd Wermers	1:36.4	1980		Alaina Struwe, Whitney Miller, Savannah Dolezal, Brooke Begalka	1:51.34	2011	Kinney
Lynn Johnson, Greg Miller, Ron Gorder, Les Rossman	1:36.4	1981		Sieneh Mulbah, Hilary Gorder, Melissa Zemlicka, Mikayla Saathoff	1:51.56	2009	Howard Wood
Jeremy Gorder, Nolan Clarke, Jordan Busch, Eric Peterson	1:36.88	2008	Regions	Kim Squires, Lindsey Fugere, Nikki Fugere, Jeni Ching	1:51.7	2001	
Don Borstad, Allan Zafft, Dave Lee, Arnold Jongeling	1:37.1	1967		Courtney Sonnenburg, Casey Dolezal, Megan Killoran, Marne Gorder	1:52.29	2006	

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1600m (4 x 400) Relay							
Paul Peterson, D'Wayne Peterson, Greg Foster, David Colberg	3:30.4	1987		Melissa Zemlicka, Hilary Gorder, Kali Begalka, Mikayla Saathoff	4:07.12	2009	State
Zach Busch, Brandon Krein, Matt Peterson, Eric Peterson	3:33.97	2008	Regions	Robin Rossman, Lizette DeVille, Vicky Warborg, Kristi Colberg	4:10.2	1979	
Lynn Johnson, Brian Linneman, Jeff Lundquist, Jerry Jefferis	3:34.3	1978		Savannah Dolezal, Alaina Struwe, Brooke Begalka, Mikayla Saathoff	4:11.54	2011	State
David Colberg, D'Wayne Peterson, Greg Foster, Bryan Zafft	3:35.29	1987	EDC	Mikayla Saathoff, Kali Begalka, Hilary Gorder, Casey Dolezal	4:13.09	2008	HW
Brandon Krein, Kenny Knopp, Blake Saathoff, Jordan Busch	3:35.66	2010	Regions	Sieneh Mulbah, Brooke Begalka, Alaina Struwe, Mikayla Saathoff	4:14.89	2010	Regions
Jerry Jefferis, Myron Linneman, Bob Boone, Tom Caron	3:36.6	1976		Savannah Dolezal, Brooke Begalka, Leannah Tekrony, Mikayla Saathoff	4:15.13	2012	State
Bryan Zafft, Greg Foster, Paul Peterson, David Colberg	3:37.37	1986	EDC	Lorri Colberg, Sheila Colberg, Roxie Rossman, Robin Rossman	4:15.5	1977	
Brandon Krein, Max Gorder, Blake Saathoff, Jordan Busch	3:39.51	2010	Howard Wood	Marci Colberg, Lisa Lundquist, Lizette DeVille, Kristi Colberg	4:17.13	1981	Milbank
Eric Peterson, Jordan Busch, Cody Hendricks, Blake Saathoff	3:40.37	2009	Kinney	Marne Gorder, Denise Ching, Leigh Hollenbeck, Megan Killoran	4:17.3	2005	
Jordan Busch, Brandon Krein, Eloy Gallegos, Blake Saathoff	3:41.95	2010	SnoBird	Marne Gorder, Casey Dolezal, Denise Ching, Megan Killoran	4:18.85	2006	

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3200m (4 x 800) Relay							
Paul Peterson, Bryan Zafft, Greg Foster, David Colberg	8:21.5	1987		Mikayla Saathoff, Kali Begalka, Melissa Zemlicka, Shannon LaJoie	9:52.91	2009	State
Brandon Krein, Eric Peterson, Blake Saathoff, Matt Peterson	8:24.67	2008	State	Mikayla Saathoff, Brooke Begalka, Danielle Thompson, Savannah Dolezal	10:07.88	2010	State
Eric Peterson, Blake Saathoff, David Elliott, Brandon Krein	8:24.72	2009	State	Mikayla Saathoff, Brooke Begalka, Shannon LaJoie, Kali Begalka	10:13.24	2008	State
Jerry Jefferis, Warren Hemmer, Brian Linneman, Mike Gorder	8:25.5	1977		Kali Begalka, Natalie Ching, Leigh Hollenbeck, Denise Ching	10:17.69	2005	
Bryan Zafft, Mark Simon, Paul Peterson, Greg Foster	8:33.49	1986	EDC	Kali Begalka, Jessica Derby, Denise Ching, Elaina Bruna	10:20.59	2006	
Jerry Jefferis, Myron Linneman, Mike Gorder, Warren Hemmer	8:35.1	1976		Jessica Derby, Brooke Begalka, Mikayla Saathoff, Kali Begalka	10:24.3	2008	PorkChop
Russ Schwartz, Myron Linneman, Warren Hemmer, Terry Gortmaker	8:39.2	1975		Brooke Begalka, Savannah Dolezal, Abbi Benning, Mikayla Saathoff	10:26.63	2010	Howard Wood
Bryan Zafft, D'Wayne Peterson, Shannon Rodman, Greg Foster	8:42.12	1987	EDC	Jodi Rust, Lisa Rossman, Amy Errickson, Jamie Foster	10:31.2	1981	
Brandon Krein, Blake Saathoff, David Elliott, Matt Peterson	8:51.14	2008	DVC	Mikayla Saathoff, Jessica Derby, Brooke Begalka, Shannon LaJoie	10:35.3	2009	Kiwanis
Max Gorder, Trevor Ward, Blake Saathoff, Brandon Krein	8:54.53	2010	Howard Wood	Kali Begalka, Brooke Begalka, Jessica Derby, Shannon LaJoie	10:37.73	2009	Alumni

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Medley (200, 200, 400, 800) Relay							
Eloy Gallegos, Brady Linneman, Jordan Busch, Brandon Krein	3:42.79	2010	Howard Wood	Jodi Rust, Lisa Lundquist, Stacy Gorder, Marci Colberg	4:27.1	1982	
Lynn Johnson, Tom Caron, Brian Linneman, Jerry Jefferis	3:43.8	1978		Lizza Bjorklund, Brooke Begalka, Savannah Dolezal, Mikayla Saathoff	4:27.39	2012	State
Don Borstad, Denny Papka, Arnold Jongeling, Dave Lee	3:44.5	1967		Kim Squires, Nikki Fugere, Amy Peterson, Jeni Ching	4:27.41	2000	
Tim Clarke, Bill Licht, Bob Boone, Jerry Jefferis	3:46.0	1976		Kim Squires, Marne Gorder, Nikki Fugere, Jeni Ching	4:27.5	2001	
Eloy Gallegos, Brady Linneman, Blake Saathoff, Brandon Krein	3:46.47	2010	Banana	Mikayla Saathoff, Hilary Gorder, Casey Dolezal, Kali Begalka	4:28.60	2008	Kinney
Paul Peterson, Bryan Zafft, David Colberg, Greg Foster	3:47	1986	State	Whitney Miller, Alaina Struwe, Savannah Dolezal, Mikayla Saathoff	4:31.12	2011	Howard Wood
Les Rossman, Lynn Johnson, Jeff Lundquist, Todd Wermers	3:48.0	1979		Lizzy Bjorklund, Katie Hendrickson, Leannah Tekrony, Savannah Dolezal	4:31.53	2013	State (Prelims)
Tim Clarke, Bill Licht, Bob Boone, Terry Gortmaker	3:49.2	1975		Kim Squires, Marne Gorder, Lindsey Fugere, Jeni Ching	4:31.67	2002	
Jeremy Gorder, Zach Busch, Eric Peterson, Matt Peterson	3:49.90	2007	Howard Wood	Alaina Struwe, Kali Begalka, Sieneh Mulbah, Brooke Begalka	4:32.49	2009	State
Jeremy Gorder, Jordan Busch, Eric Peterson, Brandon Krein	3:49.99	2009	Kiwanis	Vicky Warborg, Anita Hemmer, Robin Rossman, Jamie Foster	4:33.8	1978	