

**MISSISSIPPI VALLEY CONFERENCE
BOYS TRACK & FIELD RECORDS
(updated May 8, 2012)**

<u>EVENTS</u>	<u>EFFORT</u>	<u>YEAR</u>	<u>ATHLETE(S)</u>	<u>SCHOOL</u>
100 Meter Dash	10.19	1994	Tim Dwight	City High
200 Meter Dash	21.31	2001	Calvin Davis	City High
400 Meter Dash	47.60	1968	Roger Colglazier	Dav. Central
800 Meter Dash	1:53.60	1968	Mark Steffen	Dav. West
1600 Meter Run	4:16.47	1997	Rob Brock	Dub. Senior
3200 Meter Run	9:07.70	1976	Randy Jackson	City High
110 High Hurdles	14.26	2001	David Meyer	Dub.Hempstead
		2008	Dan Davis	I.C. West
400 Low Hurdles	51.64	2010	Kyle Dunn	Linn-Mar
4 x 100 Meter Relay	42.19	1996	McMahon, Ringena, Fraga, Richards	City High
4 x 200 Meter Relay	1:26.38	1997	Hill, Holland, Dwight, Ringena	City High
4 x 400 Meter Relay	3:18.29	1994	Frahm, Richards, Honore, Dwight	City High
4 x 800 Meter Relay	7:52.49	1994	R.Brock, Wallace, Cayro, J.Brock	Dub. Senior
Medley Relay	3:34.30	1976	Miller, Carew, Michel, Jackson	City High
Shuttle Hurdle Relay	56.38	2012	Greer, Duarte, Johnson, Roemerman	City High
High Jump	6'10"	1980	Paul Marchael	City High
Long Jump	23'10.25"	1996	Jess Holland	City High
Pole Vault	14'07"	1981	Chuck Tomasek	C.R. Jefferson
Discus	191'06"	2007	Nick Brayton	I.C. West
Shot Put	70'02.50"	1968	Doug Lane	C.R. Jefferson

WHEELCHAIR EVENTS

100	19.31	2001	Josh Mowatt	Cedar Falls
200	39.78	2012	Jordan Houdeshell	Linn-Mar
400	1:13.46	2011	Jon Litzkow	Waterloo West
Shot Put	35'2.75"	2012	Alex Gudenkauf	Dub. Senior
Discus	56'06"	2001	Dan Klavitter	Dub. Senior