



Jefferson High School

Top Performers Since 1997



Shot Put				Discus		
Doug Lane	70-11.00	1968	<u>School Record</u>	Tom Knutson	184-04.00	1963
Peter Lewison	52-07.00	2006		David Knutson	152-10.00	2001
Kaleb Admire	51-07.50	2007		Eric Rash	150-00.00	2005
Mitch Ruzek	50-09.00	1997		David Aossey	148-06.00	2002
Richard Cook	48-10.75	1998		Jake Graham	147-11.00	1999
Justin Bell	48-08.50	1999		Kaleb Admire	146-02.00	2006
High Jump				Long Jump		
A. Henderson	6' 07.25"	1992	<u>School Record</u>	Sam Dixson	23-03.00	1978
Blue Aldridge	6-04.50	2002		Andy Sheldon	21-09.00	1999
Logan Ruffridge	6-04.00	2010		Blake Tiedtke	21-04.75	2000
Greg Dollmeyer	6-04.00	1999		Jordan Harris	21-02.50	2007
James Mitchell	6-02.50	1999		Mike Tierney	21-01.50	2003
Jeff Foster	6-00.50	2003		Blue Aldridge	20-03.50	2001
55 Meter Hurdles				60 Meter Hurdles		
Brian Crandall	7.76	2002		Devin Miller	8.26	2006
Savaun Bounds	8.02	2014		Savaun Bounds	8.35	2014
Matt Dickerson	8.55	2011		Mason Furnish	9.04	2014
Mason Furnish	8.60	2014		Josh Faaborg	9.17	2004
Devin Miller	8.91	2003		Josh Burhite	9.32	2005
110 Meter Hurdles				400 Meter Hurdles		
Brian Crandall	14.50	2002	<u>School Record</u>	Blake Wilkinson	53.00	1985
Brian Crandall	14.50	2002		Nick Brown	54.41	2000
Devin Miller	15.00	2006		Brian Crandall	54.78	2001
Savaun Bounds	15.04	2014		Lucas Vanous	55.90	2013
Tanner Lund	15.93	2012		Josh Burhite	57.26	2005
Mason Furnish	16.09	2014		William Orr	59.67	2012
55 Meter Dash				60 Meter Dash		
Dylan Chittick	6.46	2014		Araf Evans	6.89	2003
Nate Karlan	6.47	2014		Josh Lorenzen	6.94	2006
Araf Evans	6.50	2003		Shaq Harbor	6.95	2014
Kyle Mally	6.58	2002		Nate Karlan	6.97	2014
Jacob Beaton	6.63	2014		Dylan Chittick	6.99	2014

100 Meter Dash				200 Meter Dash		
Araf Evans	10.48	2003	<u>School Record</u>	B. Kohl, M. Mortla	21.70	1967, 73
Araf Evans	10.48	2003		Nate Karlan	21.86	2014
Nate Karlan	10.75	2011		Araf Evans	22.00	2003
Kyle Mally	10.88	2002		Mitch Johnson	22.10	1999
Brent Myers	10.91	1999		Dylan Chittick	22.38	2013
Shay Hoffman	11.00	2009		Steve Mulligan	22.49	2001
300 Meter Dash				600 Meter Dash		
Francis Zach	36.96	2000		Mike Swick	1:28.30	2002
Mitch Johnson	36.96	1999		Marc Hauschildt	1:32.27	1999
Ben Boesenberg	38.08	1998		Kyle Walker	1:33.56	2002
Araf Evans	38.34	2003		John Broghammer	1:33.65	2000
Kyle Mally	38.72	2002		Justin Hoxmeier	1:34.01	2002
400 Meter Dash				800 Meter Run		
Dennis Roloff	48.30	1971	<u>School Record</u>	Timauntay Jones	1:52.51	2013
Steve Mulligan	49.56	2001		Timauntay Jones	1:52.51	2013
Josh Lorenzen	50.27	2007		Tim Anderson	1:57.82	2005
Timauntay Jones	50.30	2013		Jake Gerber	1:58.85	2010
Alphonso Soko	50.42	2014		Nate Weekly	2:00.56	2005
Toronald Harris	51.13	1997		Bryce Bailey	2:03.18	2005
1600 Meter Run				3200 Meter Run		
Ralph Trimble	4:15.10	1959	<u>School Record</u>	Mark Mueller	9:22.80	1974
Timauntay Jones	4:32.80	2011		Timauntay Jones	9:45.92	2013
Jake Gerber	4:34.09	2010		Taylor Mueller	9:45.92	2012
Kirk Sykora	4:35.31	2003		Jake Gerber	10:06.85	2010
Nate Weekly	4:35.58	2005		Nate Weekly	10:12.67	2004
Bryce Bailey	4:36.98	2005		Kirk Sykora	10:21.09	2003
4 X 100 Meter Relay						
S. Harkness, J. Kennedy, J. Nemeč, G. Sweeney				<u>School Record</u>	42.30	1979
Brian Crandall, Kyle Mally, Nick Young, Araf Evans					42.59	2002
Alphonso Soko, Jacob Beaton, Dylan Chittick, Nate Karlan					42.74	2014
Brian Crandall, Steve Mulligan, Francis Zach, Blake Tiedtke					42.91	2001
Francis Zach, Blake Tiedtke, Brent Myers, Mitch Johnson					43.09	1999
Saquille Harbor, Dylan Chittick, Chance Tiedtke, Nate Karlan					43.21	2012

4 X 200 Meter Relay

J. Beaton, N. Karlan, D. Larson, D. Chittick	<u>School Record</u>	1:28.32	2014
Jacob Beaton, Nate Karlan, Dan Larson, Dylan Chittick		1:28.32	2014
Mike Swick, Araf Evans, Blue Aldridge, Brian Crandall		1:30.13	2002
Dylan Chittick, Asim Wallace, Ryan Deerberg, Nate Karlan		1:30.33	2012
Jeremy Barnes, Mike Tierney, Jake Stearns, Kyle Walker		1:30.44	2005
Brian Crandall, Kyle Mally, Blake Tiedtke, Steve Mulligan		1:30.49	2001

4 X 400 Meter Relay

D. Larson, D. Chittick, T. May, A. Soko	<u>School Record</u>	3:21.57	2014
Dan Larson, Dylan Chittick, Tayvian May, Alphonso Soko		3:21.57	2014
Andy Sheldon, Brian Crandall, Dave Franks, Nick Brown		3:23.49	2000
Alex Baxter, Tamauntay Jones, Asim Wallace, Ryan Deerberg		3:23.85	2012
Brian Crandall, Blake Tiedtke, Tim Wesbrook, Steve Mulligan		3:24.43	2001
Kyle Walker, Jake Stearns, Josh Lorenzen, Mike Tierney		3:24.99	2005

4 X 800 Meter Relay

Lee & Lynn Vannoy, D. Fuller, C. Nelson	<u>School Record</u>	8:01.00	1980
Bryan Stobb, Nate Weekly, Bryce Bailey, Tim Anderson		8:03.61	2005
Timauntay Jones, Peter Thullen, Matt Hildebrand, Joe Kelly		8:06.75	2011
Fawwaz Ahmed, Cole Kramer, Troy Patton, Jake Gerber		8:15.46	2008
Kyle Walker, Jeff Foster, Nick Lanz, Kirk Sykora		8:17.11	2003
Tim Anderson, Nate Weekly, Bryce Bailey, Kirk Sykora		8:19.06	2004

1600 Meter Medley Relay

D. Briggs, S. Janda, J. Gibson, R. Trimble	<u>School Record</u>	3:31.50	1959
Dan Larson, Jordan Selby, Dylan Chittick, Timauntay Jones		3:32.04	2013
Jeremy Barnes, Kyle Walker, Mike Tierney, Tim Anderson		3:33.35	2005
Nate Karlan, Chance Tiedtke, Ryan Deerberg, Timauntay Jones		3:34.05	2012
Casey DeHoedt, Zach Hornung, Shay Hoffman, Jake Gerber		3:36.67	2009
Andy Sheldon, Blake Tiedtke, Nick Brown, John Broghammer		3:38.84	2000

Shuttle Hurdle Relay

S. Bounds, M. Furnish, D. Tomkins, T. May	<u>School Record</u>	1:00.73	2014
Savaun Bounds, Mason Furnish, Dakota Tomkins, Tavian May		1:00.73	2014
Blake Bernauer, Savaun Bounds, Dakota Tomkins, Mason Furnish		1:01.43	2013
Andrew Norris, Jordan Ask, Ryan Marling, Ryan Bennett		1:02.42	2008
Tanner Lund, Dakota Tomkins, Michael Moncivais, Savaun Bounds		1:03.40	2012
Tanner Lund, Matt Dickerson, Xavier Cribbs, Savaun Bounds		1:03.48	2011