

Top 10 All-Time Results in Rugby								
<b>100 Meter Dash</b>			<b>Year</b>	<b>Time</b>	<b>200 Meter Dash</b>		<b>Year</b>	<b>Time</b>
1	Nigel Hageness	2014	10.49	1	Justin Schiele	1999	21.69	
2	Eric Nelson	2008	10.61	2	Nigel Hageness	2012	21.91	
3	Eric Bachmeier	1991	10.66	3	Scott Frueh	1993	22.08	
4	Bruce Gronvold	1979	10.80	4	Eric Bachmeier	1991	22.17	
5	Jusitn Schiele	1999	10.85	5	Bruce Gronvold	1980	22.19	
6	Daniel Mosser	2004	10.86	6	Travis Anderson	1998	22.25	
7	Scott Frueh	1993	10.91	7	Mike Zwingel	2008	22.37	
	Tom Heilman	1998	10.91	8	Cody Gronvold	2005	22.42	
	Kelepie Rakabikabi	2003	10.91	9	Scott Hauck	1997	22.52	
10	Ian Keller	2010	11.00	10	Curt Halvorson	1968	22.70	
	Brian Herman	1987	11.00					
	Duane Massine	1970	11.00					
	Steve Hendrickson	1969	11.00					
	John Hilzendager	1969	11.00					
<b>400 Meter Dash</b>			<b>Year</b>	<b>Time</b>	<b>800 Meter Dash</b>		<b>Year</b>	<b>Time</b>
1	Scott Frueh	1993	49.53	1	Kevin Miiller	1990	1:55.91	
2	Cody Gronvold	2006	50.50	2	Jason Fritz	1988	1:59.27	
3	Travis Anderson	1998	50.59		Dyain Yoder	2009	1:59.27	
4	Eric Bachmeier	1991	50.80	4	Kyle Volk	2011	2:00.34	
5	Bruce Gronvold	1979	51.00	5	Scott Frueh	1992	2:00.98	
6	Josh Anderson	2000	51.17	6	D. M. Anderson	1979	2:01.10	
7	Jeff Sperry	1970	51.50	7	Jim Johnston	1989	2:02.20	
8	Dexter Voeller	1994	51.74	8	Scott Brandt	1995	2:02.24	
9	Kevin Miiller	1989	51.84	9	Dexter Voeller	1993	2:02.65	
10	Dyan Yoder	2010	51.85	10	Pat Hoffart	1989	2:03.80	
<b>1600 Meter Run</b>			<b>Year</b>	<b>Time</b>	<b>3200 Meter Run</b>		<b>Year</b>	<b>Time</b>
1	Kevin Miiller	1990	4:19.46	1	Kevin Miiller	1990	9:22.15	
2	Jason Fritz	1988	4:19.58	2	Jason Fritz	1988	9:28.06	
3	Scott Brandt	1994	4:30.69	3	Jim Johnston	1988	9:57.55	
4	Dylan Yoder	2009	4:32.59	4	Scott Brandt	1995	10:03.38	
5	Jim Johnston	1989	4:34.75	5	Dylan Yoder	2007	10:09.7	
6	Brent Hoffert	1992	4:34.99	6	Eric Wangler	2010	10:20.1	
7	Kyle Volk	2011	4:37.31	7	Rob Halvorson	1982	10:25.0	
8	Dustin Jundt	2010	4:39.00	8	Brent Hoffert	1992	10:28.9	
9	Rob Halvorson	1982	4:39.1	9	Kyle Volk	2010	10:32.8	
10	Carlan Kraft	1963	4:44.8	10	Geoff Childress	2003	10:51.50	
<b>110 High Hurdles</b>			<b>Year</b>	<b>Time</b>	<b>300 I.M. Hurdles</b>		<b>Year</b>	<b>Time</b>
1	Eric Kuntz	2010	14.54	1	Cody Gronvold	2006	38.62	
2	Cody Gronvold	2006	14.68	2	Eric Kuntz	2010	38.83	
3	D.J. Anderson	1978	14.80	3	Tom Heilman	1998	40.24	
4	Curt Jaeger	1986	15.05	4	D.J. Anderson	1978	40.50	
5	Jeff Volk	1981	15.12	5	Kirk Kreklau	1994	41.06	
6	Paul Presthus	1962	15.35		Curt Jaeger	1986	41.06	
7	Gary Axtman	1982	15.53	7	Victor Gronvold	2015	41.33	
8	Kirk Kreklau	1993	15.58	8	Brandon Cameron	2001	41.48	
9	Mike Muffenbier	1988	15.61	9	Lyle Kraft	1980	41.50	
10	Tommy Dunn	2008	15.64	10	Nolan Hovland	2014	41.51	



<b>4 x 100 Meter Relay</b>		<b>Time</b>	<b>Participants</b>					
1	2012	44.19	Mackenzie Koenig, Chris Hamilton, Jaden Welk, Nigel Hageness					
2	2008	44.42	Eric Nelson, Mike Zwingel, Kellan Schmaltz, Bryant Halvorson					
3	2013	44.76	Mackenzie Koenig, Chris Hamilton, Eli Luna, Nigel Hageness					
4	1996	44.89	Jon Corpus, Jason Blomster, Tom Heilman, Scott Hauck					
5	1980	44.90	Lyle Kraft, Lance Kraft, Mitch Anderson, Bruce Gronvold					
6	2009	45.03	Justin Hall, Aaron Teigen, Ian Keller, Bryant Halvorson					
7	2002	45.19	Mike Stanley, Rich Danielson, Austin Schmaltz, Mike Schiff					
8	1970	45.20	Duane Massine, Jeff Sperry, John Parkman, Val Eylands					
9	1992	45.22	Jan Corpus, Kirk Kreklau, Scott Hagel, Eric Bachmeier					
10	1998	45.28	Eric Zwingel, Justin Schiele, Josh Anderson, Justin Frueh					
<b>4 x 200 Meter Relay</b>		<b>Time</b>	<b>Participants</b>					
1	1999	1:31.50	Todd Leier, Travis Anderson, Mike Duchscher, Justin Schiele					
2	1998	1:31.98	Tom Heilman, Justin Schiele, Luke Boe, Travis Anderson					
3	1969	1:32.10	John Hilzendager, Duane Massine, Jeff Sperry, Steve Hendrickson					
4	1996	1:32.46	Tom Heilman, Jason Blomster, Travis Anderson, Scott Hauck					
	2012	1:32.46	Mackenzie Koenig, Chris Hamilton, Jaden Welk, Nigel Hageness					
7	1980	1:32.70	Lyle Kraft, Mitch Anderson, Lance Kraft, Bruce Gronvold					
6	2008	1:32.72	Eric Nelson, Mike Zwingel, Kellan Schmaltz, Bryant Halvorson					
8	1997	1:33.09	Tom Heilman, Travis Anderson, Luke Boe, Scott Hauck					
9	2002	1:33.11	Brandon Cameron, Aaron Hallof, Rich Danielson, Mike Schiff					
10	2014	1:33.20	Chris Hamilton, Tanner Bernhardt, Victor Gronvold, Brad Heidlebaugh					
<b>4 x 400 Meter Relay</b>		<b>Time</b>	<b>Participants</b>					
1	1998	3:27.24	Travis Vangsness, Tom Heilman, Luke Boe, Travis Anderson					
2	1992	3:28.37	Brent Hoffert, Dexter Voeller, Scott Frueh, Eric Bachmeier					
3	2006	3:30.78	Mike Schmaltz, Jacoby Leer, Reed Duchscher, Cody Gronvold					
4	2008	3:30.89	Eric Nelson, Aaron Teigen, Dylan Yoder, Mike Zwingel					
5	2009	3:31.32	Justin Hall, Josh Houim, Aaron Teigen, Dylan Yoder					
6	1989	3:31.36	Nathan Hendrickson, Pat Hoffart, Chad Arthur, Kevin Miiller					
7	2010	3:31.90	Levi Schaan, Eric Kuntz, Dylan Yoder, Aaron Teigen					
8	2000	3:32.26	Mike Schiff, Jesse Fritz, Mike Duchscher, Josh Anderson					
9	1993	3:32.28	Chad Nelson, Scott Brandt, Dexter Voeller, Scott Frueh					
10	1996	3:33.03	Jeff Murtaugh, Shawn Keller, Scott Hauck, Travis Anderson					
<b>4 x 800 Meter Relay</b>		<b>Time</b>	<b>Participants</b>					
1	1988	8:05.13	Mark Myhre, Jason Fritz, Jim Johnston, Kevin Miiller					
2	1989	8:08.58	Mark Myhre, Pat Hoffart, Jim Johnston, Kevin Miiller					
3	1987	8:23.02	Mark Myhre, Jason Fritz, Jim Johnston, Kevin Miiller					
4	2011	8:26.01	Eric Wangler, David McAtee, Kent Schmaltz, Kyle Volk					
5	2010	8:26.61	Eric Wangler, Dustin Jundt, Kyle Volk, Dylan Yoder					
6	2009	8:27.26	David McAtee, Dustin Jundt, Kyle Volk, Dylan Yoder					
7	1995	8:27.79	Jeff Murtaugh, Dustin Kirchofner, Justin Thomas, Scott Brandt					
8	2012	8:28.01	Andrew Hershey, Kyle Halvorson, Eric Wangler, Kyle Volk					
9	1994	8:28.31	Jeff Murtaugh, Dustin Kirchofner, Scott Brandt, Dexter Voeller					
10	1992	8:29.28	Chad Nelson, Scott Brandt, Scott Frueh, Brent Hoffert					