

Top 10 All-Time Results in Rugby							
	100 Meter Dash	Year	Time		200 Meter Dash	Year	Time
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	Cade Heilman	2017	21.94
4	Bruce Gronvold	1979	10.80	4	Scott Frueh	1993	22.08
5	Jusitn Schiele	1999	10.85	5	Eric Bachmeier	1991	22.17
6	Daniel Mosser	2004	10.86	6	Bruce Gronvold	1980	22.19
7	Scott Frueh	1993	10.91	7	Travis Anderson	1998	22.25
	Tom Heilman	1998	10.91	8	Mike Zwingel	2008	22.37
	Kelepie Rakabikabi	2003	10.91	9	Cody Gronvold	2005	22.42
10	Ian Keller	2010	11.00	10	Scott Hauck	1997	22.52
	Brian Herman	1987	11.00				
	Duane Massine	1970	11.00				
	Steve Hendrickson	1969	11.00				
	John Hilzendager	1969	11.00				
	400 Meter Dash	Year	Time		800 Meter Dash	Year	Time
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		Dyaln 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	Jacob Blessum	2017	2:03.22
	1600 Meter Run	Year	Time		3200 Meter Run	Year	Time
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	10:09.70
6	Brent Hoffert	1992	4:34.99	6	Eric Wangler	2010	10:20.10
7	Kyle Volk	2011	4:37.31	7	Dawson Schepp	2019	10:22.46
8	Dustin Jundt	2010	4:39.00	8	Rob Halvorson	1982	10:25.00
9	Rob Halvorson	1982	4:39.10	9	Brent Hoffert	1992	10:28.90
10	Carlan Kraft	1963	4:44.80	10	Kyle Volk	2010	10:32.80
	110 High Hurdles	Year	Time		300 I.M. Hurdles	Year	Time
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	Victor Gronvold	2016	41.03
6	Paul Presthus	1962	15.35	6	Kirk Kreklau	1994	41.06
7	Victor Gronvold	2016	15.40		Curt Jaeger	1986	41.06
8	Gary Axtman	1982	15.53	8	Brandon Cameron	2001	41.48
9	Kirk Kreklau	1993	15.58	9	Lyle Kraft	1980	41.50
10	Mike Muffenbier	1988	15.61	10	Nolan Hovland	2014	41.51

	4 x 100 Meter Relay	Time	Participants				
1	2017	43.90	Dustin Herold, Kade Leier, Kaden Jaeger, Cade Heilman				
2	2012	44.19	Mackenzie Koenig, Chris Hamilton, Jaden Welk, Nigel Hageness				
3	2008	44.42	Eric Nelson, Mike Zwingel, Kellan Schmaltz, Bryant Halvorson				
4	2019	44.52	Keith Vetsch, Devan Michels, Cody Jundt, Corey Mattern				
5	2013	44.76	Mackenzie Koenig, Chris Hamilton, Eli Luna, Nigel Hageness				
6	2018	44.87	Keith Vetsch, John Butler, Kaden Jaeger, Corey Mattern				
7	1996	44.89	Jon Corpus, Jason Blomster, Tom Heilman, Scott Hauck				
8	1980	44.90	Lyle Kraft, Lance Kraft, Mitch Anderson, Bruce Gronvold				
9	2009	45.03	Justin Hall, Aaron Teigen, Ian Keller, Bryant Halvorson				
10	2002	45.19	Mike Stanley, Rich Danielson, Austin Schmaltz, Mike Schiff				
	4 x 200 Meter Relay	Time	Participants				
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				
6	2019	1:32.50	Cody Jundt, Devan Michels, Keith Vetsch, Corey Mattern				
7	1980	1:32.70	Lyle Kraft, Mitch Anderson, Lance Kraft, Bruce Gronvold				
8	2008	1:32.72	Eric Nelson, Mike Zwingel, Kellan Schmaltz, Bryant Halvorson				
9	2018	1:32.78	Keith Vetsch, John Butler, Kaden Jaeger, Cody Jundt				
10	1997	1:33.09	Tom Heilman, Travis Anderson, Luke Boe, Scott Hauck				
	4 x 400 Meter Relay	Time	Participants				
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				
	4 x 800 Meter Relay	Time	Participants				
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				