

SMALL MULTI-SPORT CENTER RECORDS

MEN

(Updated 1/25/16)

Event	Mark	Athlete	School	Year
Shot put	60-7.25	Colt Feltes	Unattached	2016
Weight throw	58-11.25	Zach Wilson	Monmouth	2008
Long jump	23-9	James Wilson	Monmouth	2014
Triple jump	47-9	DeAndre Bovan	Dubuque	2004
High jump	7-0	Shawn Maze	Monmouth (Ill.)	1996
Pole vault	17-4.50	Daniel Gooris	Northern Iowa	2012
4x200 relay	1:28.60 (Kyle Wood, Logan Danko, Trevor Veach, Allen Scovel)		Central	2012
4x400 relay	3:19.34 (Zach Andrews, Tanner Pump, Greg Dye, Kyle Bennis)		Coe	1999
4x800 relay	7:59.09		St. Ambrose	2010
Distance medley	10:09.06 (Patrick Johnson, Derek Peth, Scott Tjeerdsma, Andy Hodge)		Wartburg	2007
55 hurdles	7.58	Basil Steele	Dubuque	2004
60 hurdles	8.10	Will Hanson	NIACC	2014
55 dash	6.10	Obinna Eregbu	Grandview	1989
60 dash	6.92	John Rivan	Southwestern CC	2015
200 hurdles	24.25	Miradieu Joseph	Wartburg	2001
200 dash	22.01	Gabriel Green	William Penn	2012
400 dash	49.11	Guy Dierikx	Central	2007
600 run	1:20.45	Jacob Koczman	Northwestern (Iowa)	2001
800 run	1:53.25	John Ondonde	Loras	1990
1,000 run	2:31.42	Sandu Rebenciuc	Augustana (Ill.)	1992
1,500 run	3:54.27	Jon Lindaman	Central	1999
Mile run	4:20.65	Kyle Heineman	Coe	2011
3,000 run	8:31.20	Dan Winder	Loras	2004
5,000 run	14:46.53	Josh Moen	Wartburg	2004

SMALL MULTI-SPORT CENTER RECORDS

WOMEN

(Updated 2/1/15)

Event	Mark	Athlete	School	Year
Shot put	47-4.25	Sara Nauman	Loras	2001
Weight throw	58-3	Raven Robinson	Monmouth	2014
Long jump	20-1.75	Skye Morrison	Wartburg	2012
Triple jump	37-9.25	Katie Pettigrew	Luther	2004
High jump	5-7.75	Larissa Wilden	Mount Mercy	2013
Pole vault	12-5.50	Jenna Wexter	Northern Iowa	2012
4x200 relay	1:41.61 (Skye Morrison, Faith Burt, Tashina McAllister, Briana Bivins)		Wartburg	2012
4x400 relay	3:57.42 (Sara Heizer, Stefani Wright, Kelli Springer, Keelie Finnel)		Coe	2012
4x800 relay	9:33.10 (Kaly Adkins, Karly Cochrane, Haddie Vawter, Kristin Canning)		Wartburg	2012
Distance medley	11:48.85 (Beth Neal, Stephanie Arey, Molly Ubben, Missy Buttry)		Wartburg	2004
55 hurdles	8.27	Lauren Bucklin	Simpson	2009
60 hurdles	9.12	Larissa Wilden	Mount Mercy	2013
55 dash	7.01	Louise Ayetotche	Iowa Wesleyan	1998
60 dash	7.71	Faith Burt	Wartburg	2012
200 hurdles	29.04	Jeanette Olson	Wartburg	1999
200 dash	24.40	Louise Ayetotche	Iowa Wesleyan	1998
400 dash	56.19	Nevada Morrison	Wartburg	2012
600 run	1:37.48	Liz Messerly	Coe	1990
800 run	2:12.05	Heidi Porter	Wartburg	2007
1,000 run	3:03.23	Laura Carpenter	Beloit	2001
1,500 run	4:30.74	Missy Buttry	Wartburg	2004
Mile run	5:01.01	Catie Ellingson	Simpson	2011
3,000 run	9:50.16	Laura Sigmund	Wartburg	2012
5,000 run	17:15.81	Alana Enabnit	Wartburg	2012