

Lake City-Varsity Boys

Track and Field School Records

Individual Running Events

Event	Record	Athlete(s)	Year	Notes
100M Dash	11.05	Jason Nibbe	1989	
	10.9	Bob Wallace	1964	Retired
200M Dash	22.96	Edwin Vasquez	2015	
	22.4	Dick Wittenborg	1945	Retired
400M	50.14	Lance Meincke	1995	
800M	1:55.57	Carl Kozlowski	2017	
1600M	4:24.9	Jon Hager	1994	
3200M	9:44.47	Carl Kozlowski	2017	
110M Hurdles	15.15	Ryan Steffenhagen	1990	
300M Int. Hurdles	40.44	Ryan Steffenhagen	1990	
180M Low Hurdles	20.9	Tom Moyer	1979	Retired

Relays

Event	Record	Year	Athletes
4x100M Relay	44.08	2015	Matt Kjos, Eli Custer, Elijah Hodgell, Edwin Vasquez
4x200M Relay	1:32.36	2008	Leo Ting, Karl Novak, Jacob Hoops, Indy Liljevall
4x400M Relay	3:26.76	1995	Lance Meincke, Dan Thompson, Ben Halder, Jacob Tillmann
4x800M Relay	8:13.57	2025	Eric Anderson, Weston Roberson, Warren Stolz, Conrad Seydel

Field Events

Event	Record	Athlete	Year	Notes
Long Jump	23'	Ethan Heitman	2019	
Triple Jump	44'9"	Don Marshall	1985	
High Jump	6'8"	Ethan Heitman	2017	
Pole Vault	12'9"	Karl Novak	2007	
Shot Put	56'10.5"	Aiden Creeley	2019	
	51'.5"	Wayne Steffenhagen	1945	Retired
Discus	155'2"	Mark Dunbar	1977	