

**UMM-Men's Track & Field**  
**All-Time Indoor**  
**Performance List**

**55m Dash**

1)	Ron Simmons	6.68	1972
2)	Dana Davis	6.68	1998 Northern State Invite
3)	Mark Freitag	6.74	1994 NSIC Championships
4)	Daniel Frempong	6.80	2004 Cobber Invitational
5)	Todd Gramenz	6.82	2009 UW-River Falls
6)	Nate Giles	6.84	2006 SCSU Open
7)	Mike Fragodt	6.85	2005 CSS Invitational
8)	Cedric Frazier	6.90	1998 NSIC Championships
9)	Mike Walker	6.90	2003 Bison Open
10)	Paris Moore	6.91	2003 Bison Open
11)	Adam Totushek	6.92	2001 Dordt Invitational
12)	Ryan Stoick	6.93	2008 UMAC Championships

**60m Dash**

1)	Todd Gramenz	7.27	2009 Cobber Open
2)	Daniel Frempong	7.33	2004 NDSU-Bison Open
3)	Leonard Matthias	7.42	2004 St. Cloud Open
4)	Michael Fragodt	7.50	2004 St. Cloud Open
5)	Ryan Stoick	7.55	2008 Cobber Duals
6)	Craig Abrahamson	7.56	2003 St. Cloud Open
7)	Jason Peterson	7.60	2002 Bison Open
8)	Mike Skunes	7.74	2009 St. Cloud State Open
9)	Seth Harrington	7.80	2009 Bison Open
10)	Chris Larson	7.81	2002 Bison Open

**55m Hurdles**

1)	Robert Griffith	7.88	1975
2)	Pat O'Connor	8.39	2009 UW-River Falls
3)	Joe Weber	8.51	2009 UW-River Falls
4)	Brian Perrault	8.60	2004 Cobber Invitational
5)	Greg Perry	8.67	1998 NSIC Championships
6)	Dave Reich	8.93	2007 UMAC Championships

**60m Hurdles**

1)	Joe Weber	9.15	2009 Cobber Open
2)	Pat O'Connor	9.16	2008 SCSU Open
3)	Brian Perrault	9.36	2003 St. Cloud Open
4)	Dave Reich	9.86	2009 St. Cloud Open

**200m Hurdles**

1)	Pat O'Connor	27.02	St. John's Invitational
2)	Dave Reich	28.56	St. John's Invitational

**200m**

1)	Mark Freitag	23.07	1994 NSIC Championships
2)	Jason Peterson	23.63	2002 NSIC Championships

3)	Mike Fragodt	23.79	2005 St. John's Triangular
4)	Daniel Frempong	24.03	2004 St. Cloud Open
5)	Todd Gramenz	24.06	2009 Cobber Open
5)	Nate Giles	24.3	2006 CSB/SJU
6)	Lance Johnson	24.31	2002 NDSU-Bison Open
7)	Ryan Stoick	24.32	2008 St. John's Invite
8)	Mike Walker	24.54	2003 Bison Open
9)	Pat O'Connor	24.55	2009 UW River Falls
10)	Ben Schield	24.61	2009 St. Olaf Qualifier
11)	Mike Skunes	24.66	2009 St. Olaf Qualifier
12)	Leonard Mathias	24.71	2004 CSB/SJU Quad
13)	Khamma Sharp	24.84	2003 SCSU Open
14)	Craig Abrahamson	24.86	2002 Bison Open

### 300m

1)	Craig Alto	37.21	1990
2)	Ryan Stoick	39.38	2008 Bison Classic

### 400m

1)	Mark Freitag	50.20	1994 NSIC Championships
2)	Lance Johnson	50.85	2002 St. John's Quad
3)	Kelsey Duerr	53.68	2009 Bison Open
4)	Doug Armstrong	54.11	2009 St. Olaf Qualifier
5)	Khama Sharp	54.23	2003 St. Cloud Open
6)	John Peters	54.53	2001 St. Cloud Open
7)	John Svigen	54.54	1998 NSIC Championships
8)	Pat O'Connor	54.75	2007 UMAC Championships

### 500m

1)	Steve Young	1:07.23	1984
2)	Doug Armstrong	1:13.31	2008 SCSU Open
3)	Dave Reich	1:15.80	2008 Bison Open

### 600 yard

1)	Kelsey Duerr	1:15.80	2009 St. Olaf Qualifier
2)	Matt Ellison	1:20.92	2009 St. Olaf Qualifier
3)	Kyle Schwartz	1:21.14	2005 St. John's Triangular
4)	Doug Armstrong	1:22.62	2007 Carleton
5)	Brian Perrault	1:27.57	2006 CSB/SJU

### 600m

1)	Kelsey Duerr	1:26.77	2009 UW-River Falls
2)	Luke Toso	1:27.57	2009 Cobber Open
3)	Andrew Rehmann	1:27.89	2009 Cobber Open
4)	Eric Korman	1:28.21	2003 NSIC Championships
5)	Kyle Schwartz	1:30.21	2003 Cobber Invitational
6)	John Peters	1:30.76	2001 NSIC Championship
7)	Craig Schmidt	1:30.97	2001 NSIC Championship
8)	Doug Armstrong	1:31.07	2007 Cobber Duals
9)	Matt Ellison	1:33.73	2009 Cobber Open

10) Scott Harder 1:35.33 2009 Cobber Open

### 800m

1) Luke Toso 1:59.98 2009 UW-River Falls  
2) Andrew Rehmann 2:00.01 2009 UW-River Falls  
3) Steve Young 2:00.17 1984  
4) Seth Kersten 2:03.22 1998 NSIC Championships  
5) Kyle Schwartz 2:07.61 2003 NSIC Championships  
6) Eric Korman 2:07.84 2002 St. John's Quad  
7) Ryan Blad 2:09.14 2004 St. John's Quad  
8) Scott Harder 2:09.73 2009 UW-River Falls  
9) Matt Ellison 2:10.76 2009 St. Cloud State  
10) Doug Armstrong 2:10.93 2007 SCSU Open

### 1000m

1) Rich Zeigler 2:36.95 1990  
2) Andrew Rehmann 2:37.70 2009 St. Olaf Qualifier  
3) Luke Toso 2:44.49 2009 St. Olaf Qualifier  
4) Eric Korman 2:48.24 2003 NSIC Championships  
5) Ian Philbrick 2:55.74 2008 SCSU Open  
6) Doug Armstrong 2:56.00 2007 Bison Classic  
7) Tony Krueger 2:58.50 2008 Bison Classic  
8) Brian Perrault 3:01.94 2003 NSIC Pentathlon  
9) Kyle Schwartz 3:02.3h 2003 Bemidji Open  
10) Pat Magajna 3:06.58 1998 NSIC Championships

### 1500m

1) Brett Edlund 4:03.57 2004 Cobber Invitational  
2) Jim Kosse 4:05.35 1987  
3) Kyle Schwartz 4:14.24 2004 St. John's Quad  
4) Eric Korman 4:23.51 2002 St. John's Quad  
5) Ian Philbrick 4:33.08 2008 St. John's Invite  
6) Dugan Flanders 4:33.19 2008 St. John's Invite

### Mile

1) Brett Edlund 4:32.47 2004 NDSU-Bison Open  
2) Andrew Rehmann 4:38.32 2008 UMAC Championships  
3) Luke Toso 4:38.34 2008 UMAC Championships  
4) Kyle Schwartz 4:39.70 2005 CSS Invitational  
5) Seth Kersten 4:41.34 1998  
6) Ian Philbrick 4:49.13 2009 UW River Falls  
7) Eric Korman 4:51.53 2002 NSIC Championships  
8) Tony Krueger 4:54.25 2007 UMAC Championships  
9) Matt Ellison 4:57.31 2009 UW River Falls  
10) Craig Schmidt 5:00.47 2001 St. Cloud Open

### 3000m

1)	Kyle Schwartz	9:17.50	2006 Meet of Hearts
2)	Tim Carlson	9:18.84	1984
3)	Ian Philbrick	9:47.19	2009 St. Olaf Qualifier
4)	Tony Krueger	9:47.91	2007 Carleton
5)	Dugan Flanders	10:08.95	2009 St. Cloud State
5)	Eric Korman	10:12.23	2003 Cobber Invitational
6)	Dugan Flanders	10:16.35	2008 Cobber Duals
7)	Dan Dutcher	10:17.46	2007 Bison Classic
8)	Denver Rogalla	10:19.61	2009 St. Cloud State

### 5000m

1)	David Johannson	17:03.99	1999
2)	Tony Krueger	17:08.16	2008 UMAC Championships
3)	Dan Dutcher	17:45.35	2008 St. John's Invite
4)	Dugan Flanders	18:08.52	2008 UMAC Championships
5)	David Hamrum	18:51.55	2003 St. Cloud Open

### 4x200m Relay

1)	Matthias-Fragodt-Carlson-Frempong	1:35.86	2004 Cobber Invitational
2)	Matthias-Fragodt-Jones-Frempong	1:36.12	2004 St. John's Quad
3)	Giles-Fragodt-Wendolek-Poku	1:38.40	2006 Cobber Open
4)	Herdan-Johnson-Schwab-Abrahamson	1:38.60	2001 Dordt Invitational
5)	Harrington, Armstrong, Schield, Smith	1:38.89	2009 Cobber Open
6)	Reich-Harrington-Jewell-Fragodt	1:41.04	2007 UMAC Championships
7)	Harrington, Armstrong, Anders, Sibbald	1:41.23	2008 UMAC Championships
8)	Abrahamson-Larson-Johnson-Rowe	1:42.54	2002 Dordt Invitational

### 4x400m Relay

1)	Muenzenmay-Alto-Morell-Young	3:30.19	1990
2)	O'Connor, Rehmann, Duerr, Armstrong	3:32.22	2009 St. Olaf Qualifier
3)	Gramenz, Rehmann, Duerr, O'Connor	3:35.48	2009 UW River Falls
4)	O'Connor, Duerr, Schield, Armstrong	3:37.62	2009 Cobber Open
5)	Armstrong, Rehmann, Ellison, Toso	3:37.94	2009 St. Cloud State
6)	Johnson-Schmidt-Peters-Schwab	3:40.53	2001 NSIC Championships
7)	Smith, Ellison, Toso, Reich	3:41.25	2009 St. Olaf Qualifier
8)	UM-Morris	3:41.38	1998 NSIC Championships
9)	Johnson-Larson-Peterson-Korman	3:43.55	2002 St. John's Quad
10)	Stoick, Weber, Harrington, Armstrong	3:43.57	2008 St. John's Invite
11)	Stoick, Toso, O'Connor, Rehmann	3:44.35	2008 Cobber Duals

### 4x400m Relay Split

1)	Kelsey Duerr	51.9	2009 St. Olaf Qualifier
2)	Andrew Rehmann	52.5	2009 St. Olaf Qualifier
3)	Doug Armstrong	53.5	2009 St. Olaf Qualifier
4)	Pat O'Connor	53.5	2009 Cobber Open
5)	Todd Gramenz	53.5	2009 Cobber Open
6)	Ryan Stoick	53.7	2008 St. John's
7)	Luke Toso	53.9	2009 St. Olaf Qualifier

8)	Seth Harrington	54.4	2008 Bison Classic
9)	Matt Ellison	54.7	2009 Cobber Open

#### 4x800m Relay

1)	Ellison, Harder, Rehmann, Toso	8:38.22	2009 Cobber Open
2)	Rehmann, Harder, Flanders, Toso	8:38.83	2008 Cobber Open
3)	Schwartz-Korman-Blad-Hamrum	9:05.00	2003 St. Cloud Open

#### Distance Medley Relay

1)	Flanders, Harrington, Toso, Rehamnn	11:19.11	2008 Cobber Open
2)	Schwartz-Frempong-Blad-Edlund	11:22.21	2004 Cobber Invitational
3)	Krueger-Perrault-Ganzhorn-Schwartz	11.56.92	2006 Meet of Hearts
4)	UM-Morris	12:04.90	1998 NSIC Championships
5)	Nelson, Harder, Flanders, Philbrick	12:09.44	2009 Cobber Open
6)	Krueger-Perrault-Dutcher-Schwartz	12:24.22	2005 Cobber Open
7)	Harder-Armstrong-Roberts-Krueger	12:27.58	2007 Cobber Duals

#### Long Jump

1)	Mark Freitag	24-7.5	1994 Bemidji State Open
2)	Scott Cooper	23-11.5	1991 NAIA National Championships
3)	Jason Peterson	21-2.75	2002 NSIC Championships
4)	Craig Abrahamson	19-10 1/4	2001 NSIC Championships
5)	Ryan Stoick	19-9.5	2008 UMAC Championships
6)	Anders Carlson	19-7 1/2	2007 UMAC Championships
7)	Leonard Matthias	19-6	2004 Cobber Invitational
8)	Billy Visto	19-4.75	2008 UMAC Championships
9)	Brian Perrault	19-4 1/2	2005 CSS Invitational
10)	Ben Schield	19-2.75	2009 UW River Falls
11)	Brent Jewell	19-2 1/2	2007 UMAC Championships
12)	Jason Douvier	19-1.75	1998 NSIC Championships
13)	Mike Skunes	19-0.75	2009 St. Cloud State
14)	Adam Totushek	18-8	2001 Dordt Invitational
15)	Mike Herdan	18-7 1/4	2001 SCSU Open

#### Triple Jump

1)	Scott Cooper	43-3.75	1990
2)	Billy Visto	43-2.5	2008 UMAC Championships
3)	Neil Jones	39-3.25	2004 St. Cloud Open
4)	Brennan Collins	38-6.75	2008 UMAC Championships
5)	Brent Jewell	37-6	2007 UMAC Championships
6)	Mike Carlson	35-9.75	1998 NSIC Championships

#### High Jump

1)	Eric Lent	6-2	1990
2)	Brian Perrault	6-0.75	2003 Husky Open
3)	Anders Carlson	5-9 1/4	2007 Carleton
4)	Joe Weber	5-8.75	2009 UW River Falls
5)	Brennan Collins	5-7.0	2008 SCSU Open
6)	Mitch McGuire	5-6	2007 UMAC Championships
7)	Neil Jones	5-5	2004 St. John's Quad

8) Karsten Maurer 5-5 2009 UW River Falls

#### **Pole Vault**

1) Todd Middleton 12-6 1975  
Brian Zimmer 12-6 1985  
Jason Bonk 12-6 1990  
2) Adam Rowe 11-1.75 2002 St. John's Quad  
3) Pat O'Connor 11-0.25 2008 Cobber Open  
4) Pat Magajna 10-11.75 2001 St. Cloud Open

#### **Shot Put**

1) Chris Hill 48-3.5 1986  
2) Paul White 46-4 1998 NSIC Championships  
3) Reshard Saulter 46-3.5 1998 NSIC Championships  
4) Mike Terrell 40-40.5 2008 UMAC Championships  
5) Mitch McGuire 40-5 2007 UMAC Championships  
6) Jon Ebnet 39-0 1998 NSIC Championships  
7) Mark Zellman 37-0 1/2 2001 NSIC Championships  
8) Josh Bernhagen 35-1 2009 Cobber Open  
9) Bob Janssen 34-10 2006 Cobber Open  
10) Zach Vanderbales 33-9 2008 Cobber Open

#### **35# Wt. Throw**

1) Mitch McGuire 45-9.25 2008 UMAC Championships  
2) Josh Bernhagen 41-1.5 2009 UW River Falls  
3) Mike Terrell 38-9.25 2008 Cobber Duals  
4) Bob Janssen 37-5 2006 Meet of Hearts  
5) Joe Rader 32-6 1/2 2007 Bison Classic  
6) Brian Moore 31-9.25 2009 St. Cloud State  
7) Zach Vanderbales 30-2.25 2008 SCSU Open

#### **Pentathlon**

1) Brian Perrault 2849pts. 2003 NSIC Pentathlon