

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

100m Dash

1)	Mark Freitag	10.90	1994
2)	Nate Riveness	11.25	2000 NSIC Championships
3)	Daniel Frempong	11.32	2004 DSU-Invitational 4-23-04
4)	Todd Gramenz	11.33	2009 UMAC Championship
5)	Michael Fragodt	11.38	2005 Carleton Relays
6)	Craig Abrahamson	11.54	2001 Briar Cliff Open
7)	Leonard Matthias	11.54c	2004 NDSU Bison Open
8)	Ryan Stoick	11.69	2008 UMAC Championship
9)	Seth Harrington	11.81	2008 Morris Open
10)	Nate Giles	11.82	2006 Hamline Invite
11)	Jordan Roman	11.96	2004 UMAC Invitational

110m Hurdles

1)	Robert Griffith	14.68	1975
2)	Daniel Fragodt	15.61	2008 UMAC Championship
3)	Joe Weber	15.79	2009 UMAC Championship
4)	Pat O'Connor	16.03	2009 UMAC Championship
5)	Brian Perrault	16.35	2003 NSIC Championships
6)	Dave Reich	17.52	2009 UMAC Championship

200m Dash

1)	Mark Freitag	21.50	1994 Winona State
2)	Todd Gramenz	22.97	2009 UW-River Falls
3)	Ryan Stoick	23.12	2008 UMAC Championships
4)	Michael Fragodt	23.16	2005 UMAC Championships
5)	Leonard Matthias	23.21	2004 NDSU Bison Open
6)	Jared Schwab	23.37	2001 Briar Cliff Open
7)	Seth Harrington	23.54	2008 Morris Open
8)	Khama Sharp	23.54	2004 DSU-Invitational 4-23-04
9)	Ben Schield	23.61	2009 Cobber Twilight
10)	Kelsey Duerr	23.64	2009 UMAC Championship
11)	Lance Johnson	23.80	2001 St. Thomas Invitational
12)	Daniel Frempong	23.84c	2004 St. John's Invitational
13)	Doug Armstrong	23.87	2008 UMAC Championships

400m Dash

1)	Mark Freitag	48.81	1994 NSIC Championships
2)	Lance Johnson	49.83	2002 UND Invitational
3)	Kelsey Duerr	50.91	2009 Gustavus
4)	Andrew Rehmann	51.89	2009 Cobber Twilight
5)	Doug Armstrong	51.96	2009 Gustavus
6)	Luke Toso	52.54	2009 Cobber Twilight
7)	Zach Smith	52.54	2009 UW River Falls
8)	Daniel Frempong	52.92	2004 UMAC Invitational
9)	John Peters	53.00	2001 St. Thomas Invitational

10)	Khama Sharp	53.04	2004 DSU-Invitational 4-23-04
11)	Marvin Hopkins	53.25	2002 St. John's Invitational
12)	Mike Fragodt	53.67	2005 St. John's Invitational

400m Hurdles

1)	Robert Griffith	54.26	1975
2)	Pat O'Connor	57.13	2009 UMAC Championships
3)	Daniel Fragodt	58.06	2008 UMAC Championships
4)	Dave Reich	59.96	2009 Gustavus
5)	Joe Weber	60.09	2009 UMAC Championships
6)	Brian Perrault	61.44	2003 Cobber Twilight
7)	Ryan Blad	64.75	2004 UMAC Invitational

800m Run

1)	Andrew Rehmann	1:56.66	2009 MN Open
2)	Rich Zeigler	1:57.68	1984
3)	Luke Toso	1:58.69	2009 UW River Falls
4)	Craig Schmidt	2:01.74	2001 NSIC Championships
5)	Kyle Schwartz	2:03.43	2004 UMAC Invitational
6)	Eric Korman	2:05.22	2003 St. John's Quad
7)	Jed Landmark	2:05.43	2003 Cobber Twilight
8)	Brett Edlund	2:07.86	2004 UMAC Invitational

1500m Run

1)	Rich Zeigler	3:58.74	1984
2)	Brett Edlund	4:08.71	2004 DSU-Trojan Invitational 4-3-04
3)	Luke Toso	4:12.71	2009 MN Open
4)	Kyle Schwartz	4:13.32	2006 Bison Classic
5)	Ian Philbrick	4:22.64	2009 Gustavus
6)	Matt Ellison	4:28.73	2009 Morris Open
7)	Tony Krueger	4:31.12	2006 Bison Classic
8)	Craig Schmidt	4:31.78	2000 NSIC Championships
9)	Eric Korman	4:32.98	2003 UMAC Invitational

3000m Run

1)	Ian Philbrick	9:47.37	2009 UW River Falls
2)	Josh Johnson	10:29.68	2009 UW River Falls
3)	Greg Schumacher	10:48.10	2009 UW River Falls

3000m Steeplechase

1)	Mark Koehn	9:51.64	1980
2)	Kyle Schwartz	10:03.99	2004 Concordia-Cobber Twilight
3)	Dugan Flanders	11:00.58	2009 Gustavus
4)	David Hamrum	11:21.42	2004 NDSU Open
5)	Greg Schumacher	11:25.18	2009 UMAC Championships
5)	Dan Dutcher	11:30.24	2008 UMAC Championships

5000m Run

1)	Mark Koehn	15:32.09	1980
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2)	Ian Philbrick	16:25.44	2009 UMAC Championships
3)	Kyle Schwartz	16:50.51	2004 DSU-Trojan Invitational 4-3-04
4)	Tony Krueger	17:06.38	2008 Gopher Open
5)	Denver Rogalla	17:59.10	2009 UMAC Championships
6)	Greg Schumacher	18:11.56	2009 St. John's
7)	Josh Johnson	18:13.18	2009 St. John's
8)	Dan Dutcher	18:16.07	2007 Cobber Twilight
9)	David Hamrum	18:42.24c	2003 DSU-Invitational

10,000m Run

1)	Brian Richardson	34:10.24	1983
2)	Jesse Cisneros	40:01.00	2001 NSIC Championships
3)			
4)			
5)			

4x100m Relay

1)	Phariss-Bolstad-Kalkman-Toso	43.84	1986
2)	Matthias-Sharp-Roman-Frempong	44.24	2004 NDSU Bison Open
3)	Matthias-Sharp-Fragodt-Frempong	44.64	2004 DSU-Trojan Invitational 4-3-04
4)	Sharp-Fragodt-Roman-Frempong	44.69	2004 UMAC Invitational
5)	Skunes, Armstrong, Schield, Reich	44.85	2009 UMAC Championships
6)	Johnson-Abrahamson-Larson-Hopkins	45.46	2002 UND Invitational

4x200m Relay

1)	Long, Koopman, Hawton, Mears	1:33.48	1976
2)	Fragodt, Harrington, Stoick, Armstrong	1:39.07	2007 Carleton Relays

4x400m Relay

1)	Duerr, Rehmann, Toso, Armstrong	3:26.28	2009 UMAC Championships
2)	Johnson-Dallager-Livermont-Molden	3:26.56	1983
3)	UM-Morris	3:32.06	2001 NSIC Championships
4)	Stoick, Armstrong, Rehmann, O'Connor	3:32.07	2008 UMAC Championships
5)	Frempong-Schwartz-Blad-Fragodt	3:34.84	2004 DSU-Invitational 4-23-04
6)	UM-Morris	3:35.25	2001 Al Cassell Invite (Jamestown College)
7)	Fragodt-Schwartz-Edlund-Sharp	3:35.84	2004 UMAC Invitational

4x400m Relay Split

1)	Kelsey Duerr	51.2	2009 UMAC Championship
2)	Luke Toso	51.2	2009 UMAC Championship
3)	Doug Armstrong	51.4	2009 UMAC Championship
4)	Andrew Rehmann	51.5	2009 UMAC Championship
5)	Ryan Stoick	51.9	2008 UMAC Championship
6)	Zach Smith	52.3	2009 UW River Falls
7)	Pat O'Connor	53.2	2008 Morris Open
8)	Ben Schield	53.4	2009 UW River Falls

4x800m Relay

1)	Rehmann, Toso, Ellison, Harder	8:13.44	2009 UMAC Championship
2)	Kosse-Carson-Ziegler-Goebe	8:23.64	1984

3)	Landmark-Blad-Schwartz-Korman	8:26.40	2003 NSIC Championships
4)	Krueger, Harder, Toso, Rehmann	8:33.25	2008 UMAC Championships
5)	Schwartz-Blad-Korman-Edlund	8:47.21	2004 DSU-Trojan Invitational 4-3-04
6)	UM-Morris	9:10.72	2001 NSIC Championships

Sprint Medley Relay

1)	Killstad-Largon-Ellingworth-Gerdes	3:46.52	1981
2)			
3)			
4)			
5)			

Distance Medley Relay

1)	Ellingworth-Gerdes-Brabeck-Danielson	11:35.05	1981
2)			
3)			
4)			
5)			

Long Jump

1)	Ron Allen	22-7	1973
2)	Mike Skunes	20-5.25: 6.23	2009 UMAC Championship
3)	Ryan Stoick	20-5	2008 Morris Open
4)	Craig Abrahamson	20-3.5	2003 St. John's Quad
5)	Ben Schield	20-2.25: 6.15	2009 Gustavus
6)	Anders Carlson	20-0.25	2006 Concordia Twilight
7)	Leonard Matthias	19-9.5	2004 DSU-Trojan Invitational 4-3-04
8)	Donnay Green	19-4.5	2004 DSU-Invitational 4-23-04
9)	Brennen Collins	19-3.5	2008 Cobber Twilight
10)	Mike Fragodt	18-10 3/4	2005 UMAC Championships
11)	Brian Perrault	18-9 3/4	2005 Falcon Invite

Triple Jump

1)	Scott Cooper	45-4	1989
2)	Billy Visto	43-11.75: 13.40	2009 Gustavus
3)	Neil Jones	40-9.5	2003 UMAC Invitational
4)	Nate Giles	40-8.75	2006 Hamline Invite
5)	Daniel Fragodt	40-4.25	2008 UMAC Championships
6)	Brennen Collins	40-0.25	2008 UMAC Championships

High Jump

1)	Steve Jerve	6-4	1980
2)	Brian Perrault	6-0.75	2003 NSIC Championships
3)	Anders Carlson	5-8.5	2006 Hamline Invite
3)	Brennen Collins	5-8.5	2008 UMAC Championships
3)	Joe Weber	5-8.5	2008 UMAC Championships

Pole Vault

1)	Jim Larson	13-5	1977
2)	Pat O'Connor	11-7.75: 3.55	2009 UMAC Championship
3)	Adam Rowe	11-6.75	2002 St. John's Quint
4)	Pat Magajna	10-2	2000 NSIC Championships
5)	Cal Weispfennig	10-0	2006 UMAC Championships

Shot Put

1)	Chris Hill	50-1	1989
2)	Josh Bernhagen	39-10.5: 12.15	2009 UMAC Championships
3)	Mitch McGuire	39-6.50	2007 Carleton Relays
4)	Mike Terrell	38-2.75	2008 UMAC Championships
5)	Mark Zellman	38-2	2001 NSIC Championships
6)	Patrick Mahoney	37-10.75	2004 St. John's Invitational
7)	Bob Janssen	37-1.75	2006 Cobber Twilight
8)	Drew Ginnett	36-9	2003 UMAC Invitational

Hammer Throw

1)	Mitch McGuire	154-9: 47.17	2009 Morris Open
2)	Josh Bernhagen	134-4: 40.95	2009 MN Open
3)	Bob Janssen	118-4	2006 Bison Classic
4)	Mike Terrell	118-0	2008 UMAC Championships
5)	Joe Rader	104-5	2007 Carleton Relays
6)	Brian Rentz	91-5	2000
7)	Matt Hoerr	86-1	2006 Cobber Twilight

Discus Throw

1)	Fran Plautz	162-9	1972
2)	Mark Zellman	133-11	2001 NSIC Championships
3)	Josh Bernhagen	111-7: 34.01	2009 Morris Open
4)	Mitch McGuire	107-10	2008 Northern State
5)	Patrick Mahoney	104-6	2004 UMAC Invitational
6)	Eric Gorecki	100-00: 30.47	2009 UMAC Championship
7)	Zach Vanderbales	97-10	2008 UMAC Championships
8)	Matt Hoerr	96-8	2006 Cobber Twilight
9)	Pat O'Connor	95-4	2007 UMAC Championships
10)	Brian Moore	93-5: 28.47	2009 UW-River Falls
11)	Mike Terrell	91-6	2007 UMAC Championships
12)	Frankie Brown	91-2	2001 St. Thomas Invitational

Javelin (New Rules)

1)	Anders Carlson	163-00	2007 UMAC Championships
2)	Joe Weber	153-4: 46.74	2009 Gustavus
3)	Mike Fragodt	133-8 1/4	2005 UMAC Championships
4)	Scott Rieland	133-6	2006 Cobber Twilight
5)	Eric Korman	126-11	2004 Concordia-Cobber Twilight
6)	Brian Perrault	126-06	2003 NSIC Championships
7)	Phil Sibbald	126-05	2008 Cobber Twilight
8)	Josh Bernhagen	123-9: 37.71	2009 UMAC Championship

Javelin (Old Rules)

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| 1) | Phil Macken | 201-6 | 1980 |
|----|-------------|-------|------|

Decathlon

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|----|----------------|----------|-------------------------|
| 1) | Mark Freitag | 5384pts. | 1994 NSIC Championships |
| 2) | Pat O'Connor | 4785 | 2007 SJU Decathlon |
| 3) | B.J. Fredrichs | 4172pts. | 2000 NSIC Championships |