

UNIVERSITY OF MINNESOTA-MORRIS



MEN'S TRACK AND FIELD RECORD BOOK



**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)	Nate Giles	6.84	2006 SCSU Open
6)	Mike Fragodt	6.85	2005 CSS Invitational
7)	Cedric Frazier	6.90	1998 NSIC Championships
8)	Mike Walker	6.90	2003 Bison Open
9)	Paris Moore	6.91	2003 Bison Open
10)	Adam Totushek	6.92	2001 Dordt Invitational

60m Dash

1)	Daniel Frempong	7.33	2004 NDSU-Bison Open
2)	Leonard Matthias	7.42	2004 St. Cloud Open
3)	Michael Fragodt	7.50	2004 St. Cloud Open
4)	Craig Abrahamson	7.56	2003 St. Cloud Open
5)	Jason Peterson	7.60	2002 Bison Open
6)	Chris Larson	7.81	2002 Bison Open
7)	Neil Jones	7.87	2004 Bison Open
8)	Anders Carlson	7.97	2004 Bison Open

55m Hurdles

1)	Robert Griffith	7.88	1975
2)	Brian Perrault	8.60	2004 Cobber Invitational
3)	Greg Perry	8.67	1998 NSIC Championships

60m Hurdles

1)	Brian Perault	9.36	2003 St. Cloud Open
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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)	Nate Giles	24.3	2006 CSB/SJU
6)	Lance Johnson	24.31	2002 NDSU-Bison Open
7)	Mike Walker	24.54	2003 Bison Open
8)	Leonard Mathias	24.71	2004 CSB/SJU Quad
9)	Khamma Sharp	24.84	2003 SCSU Open
10)	Craig Abrahamson	24.86	2002 Bison Open

400m

1)	Mark Freitag	50.20	1994 NSIC Championships
2)	Lance Johnson	50.85	2002 St. John's Quad
3)	Khama Sharp	54.23	2003 St. Cloud Open
4)	John Peters	54.53	2001 St. Cloud Open

5) John Svigen 54.54 1998 NSIC Championships

600 yard

1) Kyle Schwartz 1:21.14 2005 St. John's Triangular

2) Brian Perrault 1:27.57 2006 CSB/SJU

600m

1) Eric Korman 1:28.21 2003 NSIC Championships

2) Kyle Schwartz 1:30.21 2003 Cobber Invitational

3) John Peters 1:30.76 2001 NSIC Championship

4) Craig Schmidt 1:30.97 2001 NSIC Championship

5) Dan Dutcher 1:47.70 2005 Cobber Open

6) Matt Morrow 1:48.73 1998 NSIC Championships

800m

1) Steve Young 2:00.17 1984

2) Seth Kersten 2:03.22 1998 NSIC Championships

3) Kyle Schwartz 2:07.61 2003 NSIC Championships

4) Eric Korman 2:07.84 2002 St. John's Quad

5) Ryan Blad 2:09.14 2004 St. John's Quad

1000m

1) Rich Zeigler 2:36.95 1990

2) Eric Korman 2:48.24 2003 NSIC Championships

3) Brian Perrault 3:01.94 2003 NSIC Pentathlon

4) Kyle Schwartz 3:02.3h 2003 Bemidji Open

5) Tony Krueger 3:02.72 2005 St. John's Triangular

6) 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

Mile

1) Brett Edlund 4:32.47 2004 NDSU-Bison Open

2) Kyle Schwartz 4:39.70 2005 CSS Invitational

3) Seth Kersten 4:41.34 1998

4) Eric Korman 4:51.53 2002 NSIC Championships

5) Tony Krueger 4:57.64 2005 CSS Invitational

6) Craig Schmidt 5:00.47 2001 St. Cloud Open

7)

3000m

1)	Kyle Schwartz	9:17.50	2006 Meet of Hearts
2)	Tim Carlson	9:18.84	1984
3)	Tony Krueger	9:56.38	2006 CSB/SJU
4)	Eric Korman	10:12.23	2003 Cobber Invitational
5)	Brandon Winters	12:25.50	2003 Bemidji Open

5000m

1)	David Johannson	17:03.99	1999
2)	David Hamrum	18:51.55	2003 St. Cloud Open
3)	Dan Roley	20:19.00	1998 NSIC Championships

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)	Abrahamson-Larson-Johnson-Rowe	1:42.54	2002 Dordt Invitational

4x400m Relay

1)	Muenzenmay-Alto-Morell-Young	3:30.19	1990
2)	Johnson-Schmidt-Peters-Schwab	3:40.53	2001 NSIC Championships
3)	UM-Morris	3:41.38	1998 NSIC Championships
4)	Johnson-Larson-Peterson-Korman	3:43.55	2002 St. John's Quad
5)	Peterson-Johnson-Korman-Larson	3:45.41	2002 NSIC Championships
6)	Abrahamson-Blad-Perrault-Korman	3:47.18	2003 NSIC Championships

4x800m Relay

1)	Schwartz-Korman-Blad-Hamrum	9:05.00	2003 St. Cloud Open
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Distance Medley Relay

1)	Schwartz-Frempong-Blad-Edlund	11:22.21	2004 Cobber Invitational
2)	Krueger-Perrault-Ganzhorn-Schwartz	11:56.92	2006 Meet of Hearts
3)	UM-Morris	12:04.90	1998 NSIC Championships
4)	Krueger-Perrault-Dutcher-Schwartz	12:24.22	2005 Cobber Open

Long Jump

1)	Mark Freitag	24-7.5	1994 Bemidji State Open
2)	Jason Peterson	21-2.75	2002 NSIC Championships
3)	Craig Abrahamson	19-10 1/4	2001 NSIC Championships
4)	Leonard Matthias	19-6	2004 Cobber Invitational
5)	Brian Perrault	19-4 1/2	2005 CSS Invitational
6)	Jason Douvier	19-1.75	1998 NSIC Championships
7)	Adam Totushek	18-8	2001 Dordt Invitational
8)	Mike Herdan	18-7 1/4	2001 SCSU Open
9)	Anders Carlson	18-2 1/4	2006 Cobber Open

Triple Jump

- | | | | |
|----|---------------|---------|-------------------------|
| 1) | Scott Cooper | 43-3.75 | 1990 |
| 2) | Neil Jones | 39-3.25 | 2004 St. Cloud Open |
| 3) | Mike Carlson | 35-9.75 | 1998 NSIC Championships |
| 4) | Andy Peterson | 33-00 | 2005 CSS Invitational |

High Jump

- | | | | |
|----|----------------|---------|----------------------|
| 1) | Eric Lent | 6-2 | 1990 |
| 2) | Brian Perrault | 6-0.75 | 2003 Husky Open |
| 3) | Anders Carlson | 5-8 3/4 | 2006 SCSU Open |
| 4) | Neil Jones | 5-5 | 2004 St. John's Quad |

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 Magajna | 10-11.75 | 2001 St. Cloud Open |

Shot Put

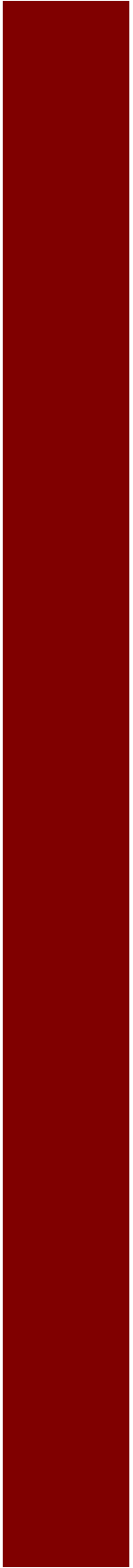
- | | | | |
|----|-----------------|----------|-------------------------|
| 1) | Chris Hill | 48-3.5 | 1986 |
| 2) | Paul White | 46-4 | 1998 NSIC Championships |
| 3) | Reshard Saulter | 46-3.5 | 1998 NSIC Championships |
| 4) | Jon Ebnet | 39-0 | 1998 NSIC Championships |
| 5) | Mark Zellman | 37-0 1/2 | 2001 NSIC Championships |
| 6) | Bob Janssen | 34-10 | 2006 Cobber Open |
| 7) | Drew Ginnett | 33-0 | 2003 St. Cloud Open |

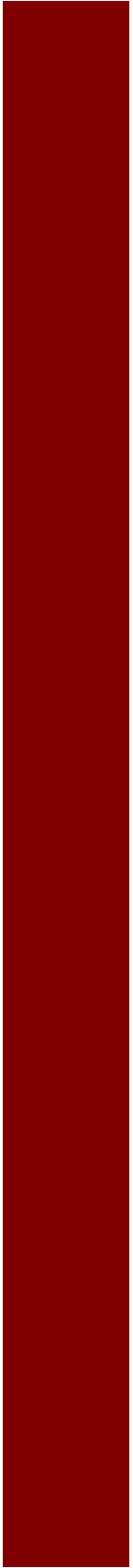
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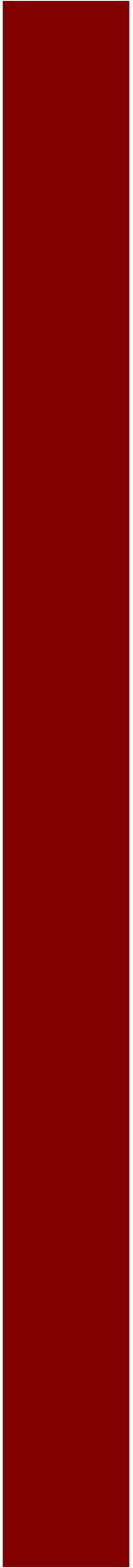
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|----|-------------|------|---------------------|
| 1) | Bob Janssen | 37-5 | 2006 Meet of Hearts |
| 2) | Matt Hoerr | 28-3 | 2006 Cobber Open |

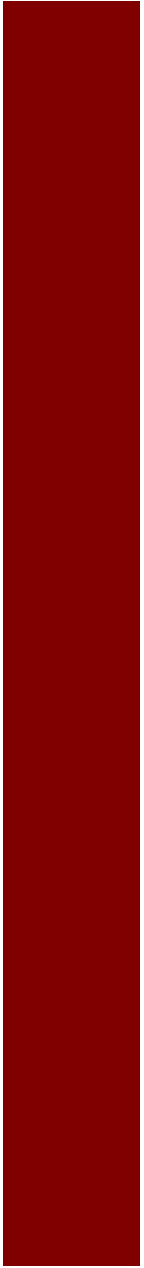
Pentathlon

- | | | | |
|----|----------------|----------|----------------------|
| 1) | Brian Perrault | 2849pts. | 2003 NSIC Pentathlon |
|----|----------------|----------|----------------------|









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

100m Dash

1)	Mark Freitag	10.70	1994
2)	Nate Riveness	11.25	2000 NSIC Championships
3)	Daniel Frempong	11.32	2004 DSU-Invitational 4-23-04
4)	Michael Fragodt	11.38	2005 Carleton Relays
5)	Craig Abrahamson	11.54	2001 Briar Cliff Open
6)	Leonard Matthias	11.54c	2004 NDSU Bison Open
7)	Nate Giles	11.82	2006 Hamline Invite
8)	Jordan Roman	11.96	2004 UMAC Invitational

110m Hurdles

1)	Robert Griffith	14.68	1975
2)	Brian Perrault	16.35	2003 NSIC Championships
3)			
4)			
5)			

200m Dash

1)	Mark Freitag	21.50	1994
2)	Michael Fragodt	23.16	2005 UMAC Championships
3)	Leonard Matthias	23.21	2004 NDSU Bison Open
4)	Jared Schwab	23.37	2001 Briar Cliff Open
5)	Khama Sharp	23.54	2004 DSU-Invitational 4-23-04
6)	Lance Johnson	23.80	2001 St. Thomas Invitational
7)	Daniel Frempong	23.84c	2004 St. John's Invitational

400m Dash

1)	Mark Freitag	48.81	1994
2)	Lance Johnson	49.83	2002 UND Invitational
3)	Daniel Frempong	52.92	2004 UMAC Invitational
4)	John Peters	53.00	2001 St. Thomas Invitational
5)	Khama Sharp	53.04	2004 DSU-Invitational 4-23-04
6)	Marvin Hopkins	53.25	2002 St. John's Invitational
7)	Mike Fragodt	53.67	2005 St. John's Invitational

400m Hurdles

1)	Robert Griffith	54.26	1975
2)	Brian Perrault	61.44	2003 Cobber Twilight
3)	Ryan Blad	64.75	2004 UMAC Invitational
4)			
5)			

800m Run

1)	Rich Zeigler	1:57.68	1984
2)	Craig Schmidt	2:01.74	2001 NSIC Championships
3)	Kyle Schwartz	2:03.43	2004 UMAC Invitational
4)	Eric Korman	2:05.22	2003 St. John's Quad

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|----|--------------|---------|------------------------|
| 5) | Jed Landmark | 2:05.43 | 2003 Cobber Twilight |
| 6) | 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) | Kyle Schwartz | 4:13.32 | 2006 Bison Classic |
| 4) | Tony Krueger | 4:31.12 | 2006 Bison Classic |
| 5) | Craig Schmidt | 4:31.78 | 2000 NSIC Championships |
| 6) | Eric Korman | 4:32.98 | 2003 UMAC Invitational |

3000m Steeplechase

- | | | | |
|----|---------------|----------|--------------------------------|
| 1) | Mark Koehn | 9:51.64 | 1980 |
| 2) | Kyle Schwartz | 10:03.99 | 2004 Concordia-Cobber Twilight |
| 3) | David Hamrum | 11:21.42 | 2004 NDSU Open |
| 4) | | | |
| 5) | | | |

5000m Run

- | | | | |
|----|----------------|-----------|-------------------------------------|
| 1) | Mark Koehn | 15:32.09 | 1980 |
| 2) | Kyle Schwartz | 16:50.51 | 2004 DSU-Trojan Invitational 4-3-04 |
| 3) | Tony Krueger | 17:35.29 | 2006 UMAC Championship |
| 4) | David Hamrum | 18:42.24c | 2003 DSU-Invitational |
| 5) | Jesse Cisneros | 20:57.65 | 2001 Briar Cliff Open |

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) | Johnson-Abrahamson-Larson-Hopkins | 45.46 | 2002 UND Invitational |

4x400m Relay

- | | | | |
|----|------------------------------------|---------|--|
| 1) | Johnson-Dallanger-Livermont-Molden | 3:26.56 | 1983 |
| 2) | UM-Morris | 3:32.06 | 2001 NSIC Championships |
| 3) | Frempong-Schwartz-Blad-Fragodt | 3:34.84 | 2004 DSU-Invitational 4-23-04 |
| 4) | UM-Morris | 3:35.25 | 2001 Al Cassell Invite (Jamestown College) |
| 5) | Fragodt-Schwartz-Edlund-Sharp | 3:35.84 | 2004 UMAC Invitational |

4x800m Relay

- | | | | |
|----|-------------------------------|---------|-------------------------------------|
| 1) | Kosse-Carson-Ziegler-Goebe | 8:23.64 | 1984 |
| 2) | Landmark-Blad-Schwartz-Korman | 8:26.40 | 2003 NSIC Championships |
| 3) | Schwartz-Blad-Korman-Edlund | 8:47.21 | 2004 DSU-Trojan Invitational 4-3-04 |

- 4) UM-Morris 9:10.72 2001 NSIC Championships
5)

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) Craig Abrahamson 20-3.5 2003 St. John's Quad
3) Anders Carlson 20-0.25 2006 Concordia Twilight
4) Leonard Matthias 19-9.5 2004 DSU-Trojan Invitational 4-3-04
5) Donnay Green 19-4.5 2004 DSU-Invitational 4-23-04
6) Mike Fragodt 18-10 3/4 2005 UMAC Championships
7) Brian Perrault 18-9 3/4 2005 Falcon Invite

Triple Jump

- 1) Scott Cooper 45-4 1989
2) Neil Jones 40-9.5 2003 UMAC Invitational
3) Nate Giles 40-8.75 2006 Hamline Invite
4)
5)

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
4)
5)

Pole Vault

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

Shot Put

- 1) Chris Hill 50-1 1989

- | | | | |
|----|-----------------|----------|------------------------------|
| 2) | Mark Zellman | 38-2 | 2001 NSIC Championships |
| 3) | Patrick Mahoney | 37-10.75 | 2004 St. John's Invitational |
| 4) | Bob Janssen | 37-1.75 | 2006 Cobber Twilight |
| 5) | Drew Ginnett | 36-9 | 2003 UMAC Invitational |

Hammer Throw

- | | | | |
|----|-------------|-------|----------------------|
| 1) | Bob Janssen | 118-4 | 2006 Bison Classic |
| 2) | Brian Rentz | 91-5 | 2000 |
| 3) | Matt Hoerr | 86-1 | 2006 Cobber Twilight |
| 4) | | | |
| 5) | | | |

Discus Throw

- | | | | |
|----|-----------------|--------|------------------------------|
| 1) | Fran Plautz | 162-9 | 1972 |
| 2) | Mark Zellman | 133-11 | 2001 NSIC Championships |
| 3) | Patrick Mahoney | 104-6 | 2004 UMAC Invitational |
| 4) | Matt Hoerr | 96-8 | 2006 Cobber Twilight |
| 5) | Frankie Brown | 91-2 | 2001 St. Thomas Invitational |
| 6) | Drew Ginnett | 85-10 | 2003 UMAC Invitational |

Javelin

- | | | | |
|----|-----------------|-----------|--------------------------------|
| 1) | Phil Macken | 201-6 | 1980 |
| 2) | Anders Carlson | 154-2 | 2006 Hamline Invite |
| 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) | Daniel Frempong | 114-0 | 2004 NDSU Open |

Decathlon

- | | | | |
|----|----------------|----------|-------------------------|
| 1) | Mark Freitag | 5384pts. | 1994 NSIC Championships |
| 2) | B.J. Fredrichs | 4172pts. | 2000 NSIC Championships |
| 3) | | | |
| 4) | | | |
| 5) | | | |