

2018			2019		
Event	Top 24 Cut-Off	State Medaling	Event	Top 24 Cut-Off	State Medaling
100	11.54	11.55	100	11.63	11.62
200	23.66	23.02	200	23.72	23.45
400	53.37	51.85	400	53.04	51.15
800	2:06.73	2:00.58	800	2:07.09	2:01.89
1600	4:55.25	4:36.61	1600	4:50.09	4:38.74
3200	10:39.31	10:12.69	3200	10:25.04	7-lap Finish
110H	16.12	15.38	110H	16.15	15.73
400 H	58.84	55.79	400 H	58.50	56.96
4x100	45.37	45.59	4x100	45.87	45.01
4x200	1:35.36	1:32.70	4x200	1:35.07	1:33.17
4x400	3:37.81	3:29.88	4x400	3:36.72	3:32.69
4x800	8:45.75	8:24.49	4x800	8:42.66	8:26.16
800 Medley	1:38.55	1:36.87	800 Medley	1:38.50	1:38.00
1600 Medley	3:50.07	3:40.65	1600 Medley	3:49.25	3:39.49
Shuttle	1:03.52	1:01.73	Shuttle*	1:05.83	1:04.53
HJ	5' 10"	6' 1"	HJ	5' 10"	6' 1"
LJ	19' 6.5"	20' 4.25"	LJ	19' 8"	20' 5.25"
Shot	44' 7"	49' 0.5"	Shot	45' 1.75"	48' 2.5"
Discus	134' 3"	141' 5"	Discus	133' 2"	140' 5"
	<i>COLD</i>			*-New Height	

	2021				Our Best - 2021	
	Event	Top 24 Cut-Off	State Medaling		Event	
	100	11.68	11:53		100	11.50
	200	23.52	23.27		200	23.78
	400	53.28	50.85		400	54.91
	800	2:07.14	2:00.34		800	2:12.81
	1600	4:52.43	4:38.97		1600	5:04.34
	3200	10:41.60	10:04.37		3200	11:46.42
	110H	16.42	15.55		110H	17.56
	400 H	59.00	58.13		400 H	59.26
	4x100	45.89	45.50		4x100	44.48
	4x200	1:35.59	1:32.96		4x200	1:32.43
	4x400	3:36.06	3:32.93		4x400	3:56.93
	4x800	8:55.57	8:34.21		4x800	11:18.14
	800 Medley	1:38.50	1:36.95		800 Medley	1:38.14
	1600 Medley	3:49.64	3:44.28		1600 Medley	3:53.89
	Shuttle*	1:06.99	1:04.51		Shuttle*	1:03.53
	HJ	5' 10"	6' 1"		HJ	5' 8"
	LJ	20' 0.25"	19' 11"		LJ	18' 0"
	Shot	43' 2.5"	47' 3.75"		Shot	31' 8.5"
	Discus	130' 11"	149' 8"		Discus	110' 0"
	*-New Height					

Murphy
A. Gruver
A. Gruver
A. Gruver
A. Gruver
Venema
Olson
Christof
C. Gruver
Christof
Joey Portz
Reuter