

## Howells-Dodge Jaguars Track & Field

### BOYS - Top 5 performances since 2013

	Overall	Year	Seniors	Juniors	Sophomores	Freshmen	
<b>Long Jump</b>							
1	Jesse Faltys	21'6.25	2014	Tyler Brichacek 19'10	Jesse Faltys 21'6.25	Jesse Faltys 20'1.5	Mitch Yosten 17'5.5
2	Tyler Brichacek	19'10	2016	Casey Wisnieski 19'2.5	Kade Hegemann 19'5.5	Tyler Brichacek 19'5	Luke Rocheford 17'2.75
3	Kade Hegemann	19'5.5	2018	Gavin Hays 19'1	Mitch Yosten 18'5	Darrin Pokorny 19'2	Jon Yosten 17'1.75
4	Casey Wisnieski	19'2.5	2014	Jon Yosten 18'10	Tyler Polacek 18.3.5	Kade Hegemann 19'0.5	Caden Jackson 16'10
5	Darrin Pokorny	19'2	2018	Ben Kuehn 17'3	Jon Yosten 18'2.25	Jon Yosten 18'9	Jordon Brichacek 16'10
<b>Triple Jump</b>							
1	Jesse Faltys	43'4.5	2014	Casey Wisnieski 41'10	Jesse Faltys 43'4.5	Jesse Faltys 41'9	Luke Rocheford 38'6
2	Casey Wisnieski	41'10	2014		Luke Hegemann 38'2.25	Luke Rocheford 41'2.5	Jon Yosten 35'11
3	Luke Rocheford	41'2.5	2018		Seth Novak 37'11	Kade Hegemann 38'5.25	Charlie Dvorak 35'10.75
4	Jon Yosten	38'7.5	2016		Jon Yosten 37'8	Jon Yosten 38'7.5	Matt Cada 35'8.5
5	Kade Hegemann	38'5.25	2017		Kade Hegemann 37'7.5	Seth Novak 37'0	Mitch Yosten 35'1
<b>High Jump</b>							
1	Tyler Brichacek	5'10	2016	Tyler Brichacek 5'10	Caden Jackson 5'8	Caden Jackson 5'9	Caden Jackson 5'4
2	Caden Jackson	5'9	2017		Casey Wisnieski 5'2	Tyler Brichacek 5'8	Justin Shonka 5'2
3	Luke Rocheford	5'4	2018		Josh Brester 5'2	Justin Shonka 5'4	Lane Hegemann 5'2
4	Justin Shonka	5'4	2015			Josh Brester 5'4	Tyler Brichacek 5'2
5	Josh Brester	5'4	2017			Luke Rocheford 5'4	Matt Cada 5'2
<b>Shot Put</b>							
1	Nathan Bazata	61'5.5	2013	Nathan Bazata 61'5.5	Zach Bayer 45'1	Dylan Kucera 49'3	Dylan Kucera 46'0.5
2	Dylan Kucera	49'3	2016	Luke Hegemann 47'8	Lane Hegemann 44'6.25	Lane Hegemann 40'5	Zach Bayer 38'6
3	Luke Hegemann	47'8	2014	Kyle Sayers 44'4	Mitch Prusa 42'1	Kyle Pickhinke 39'4	Kyle Pickhinke 37'2
4	Zach Bayer	45'1	2016	Marcus Love 44'2.25	Danny Widhelm 41'1	Zach Bayer 38'6	Lane Hegemann 31'0.5
5	Lane Hegemann	44'6.25	2018	Mitchel Prusa 43'0		Ryan Macholan 36'6.5	
<b>Discus</b>							
1	Logan Kampschnieder	167'6	2013	Logan Kampschnieder 167'6	Lane Hegemann 134'3	Dylan Kucera 149'1	Dylan Kucera 126'3
2	Nathan Bazata	149'9	2013	Nathan Bazata 149'9	Mitch Prusa 126'11	Ryan Macholan 128'5	Ryan Macholan 102'9
3	Dylan Kucera	149'1	2016	Marcus Love 140'7	Luke Hegemann 126'1	Lane Hegemann 120'8	Mitch Yosten 95'10
4	Marcus Love	140'7	2017	Mitch Prusa 139'9	Mitch Yosten 101'4	Mitch Yosten 104'3	Kyle Pickhinke 85'10
5	Mitch Prusa	139'9	2016	Luke Hegemann 137'10	Zach Bayer 95'9	Mitch Prusa 103'4	Lane Hegemann 74'9
<b>110 HH</b>							
1	Casey Wisnieski	16.27	2014	Casey Wisnieski 16.27	Casey Wisnieski 17.0		Darrin Pokorny 19.4
2	Darrin Pokorny	19.4	2017				Gavin Hays 19.6
3	Gavin Hays	19.6	2013				Chris Palm 22.2
4	Chris Palm	22.2	2013				
5							
<b>300 IH</b>							
1	Casey Wisnieski	43.8	2014	Casey Wisnieski 43.8	Casey Wisnieski 46.3	Darrin Pokorny 47.2	Gavin Hays 48.6
2	Darrin Pokorny	47.2	2018		Caden Jackson 49.0	Caden Jackson 47.2	Matt Cada 48.6
3	Caden Jackson	47.2	2016			Jon Yosten 47.8	Darin Pokorny 49.4
4	Jon Yosten	47.8	2016			Matt Cada 47.8	Caden Jackson 51.2
5	Matt Cada	47.8	2017			Dax VanLengen 54.1	Chris Palm 53.9
<b>55 Meter Dash</b>							
1				Luke Renter 6.89	Casey Wisnieski 8.93	2016	80.36
2				Tyler Polacek 7.02	Darrin Pokorny 10.64	2015	83.43
3				Luke Rocheford 7.05	Matt Cada 10.78	2013	85.55
4				Jordon Brichacek 7.09	Chris Palm 14.11	2014	85.92
5				Jesse Faltys 7.30		2017	95.0
<b>55 Meter HH</b>							
<b>4 X 1 Lap Relay</b>							

100											
1	Luke Renter	10.8	2016	Luke Renter	10.8	Luke Renter	11.3	Luke Rocheford	11.0	Luke Rocheford	11.6
2	Luke Rocheford	11.0	2018	Tyler Polacek	11.4	Jordon Brichacek	11.4	Jordon Brichacek	11.3	Jordon Brichacek	11.8
3	Jordon Brichacek	11.3	2016	Gavin Hays	11.9	Tyler Polacek	11.6	Luke Renter	11.6	Matt Cada	12.2
4	Tyler Polacek	11.4	2016	Jon Yosten	12.2	Jesse Faltys	11.8	Jesse Faltys	11.9	Luke Renter	12.2
5	Jesse Faltys	11.8	2014	Jordon Brichacek	12.2	Matt Cada	12.2	Jon Yosten	12.3	Trevor Schumacher	12.7
200											
1	Luke Rocheford	23.59	2018	Luke Renter	23.5	Luke Renter	24.5	Luke Rocheford	23.59	Luke Rocheford	24.0
2	Luke Renter	23.5	2016	Ben Kuehn	24.19	Caden Jackson	25.27	Jordon Brichacek	23.7	Luke Renter	25.2
3	Jordon Brichacek	23.7	2016	Brady Brester	24.1	Kade Hegemann	26.28	Luke Renter	24.7	Trevor Schumacher	26.0
4	Ben Kuehn	24.19	2014	Gavin Hays	24.2	Jon Yosten	26.3	Jesse Faltys	26.15	Darrin Pokorny	26.0
5	Brady Brester	24.1	2013	Jon Yosten	25.65	Matt Cada	26.55	Caden Jackson	26.20	Matt Cada	26.4
400											
1	Brady Brester	52.8	2013	Brady Brester	52.8	Ben Kuehn	55.7	Tyler Polacek	56.9	Trevor Schumacher	58.4
2	Tyler Polacek	54.5	2015	Tyler Polacek	54.5	Tyler Polacek	56.0	Josh Brester	58.6	Matt Cada	59.0
3	Ben Kuehn	55.7	2013	Zav Lee	76.1	Josh Brester	57.22	Mitch Yosten	58.9	Gavin Hays	62.0
4	Josh Brester	57.22	2018			Matt Cada	60.0	Matt Cada	60.16	Kade Hegemann	62.20
5	Trevor Schumacher	58.4	2017			Mitch Yosten	60.3	Tyler Brichacek	62.0	Mitch Yosten	62.1
800											
1	Josh Brester	2:09.85	2018			Josh Brester	2:09.85	Dax VanLengen	2:16.1	Tyler Polacek	2:20.5
2	Dax VanLengen	2:14.7	2017			Dax VanLengen	2:14.7	Tyler Polacek	2:16.8	Josh Brester	2:23.0
3	Tyler Polacek	2:16.8	2014			Jonathan Laner	2:38.5	Austin Steffensmeier	2:19.92	Austin Steffensmeier	2:26.9
4	Austin Steffensmeier	2:19.92	2018					Tony Coleman	2:50.76	Mitch Prusa	2:32.9
5	Mitchell Prusa	2:32.9	2013					Wyatt Hegemann	3:01.1	Charlie Dvorak	2:33.9
1600											
1	Austin Steffensmeier	5:11.0	2018			Dax VanLengen	5:16.5	Austin Steffensmeier	5:11.0	Josh Brester	5:19.4
2	Dax VanLengen	5:16.5	2017					Dax VanLengen	5:39.80	Dax VanLengen	5:19.6
3	Josh Brester	5:19.4	2016					Mike Balsley	5:45.2	Austin Steffensmeier	5:39.48
4	Charlie Dvorak	5:40.7	2017					Jonathan Laner	5:55.8	Charlie Dvorak	5:40.7
5	Mike Balsley	5:45.2	2017							Mike Balsley	5:54.1
3200											
1	Dax VanLengen	11:59.5	2015			Mike Balsley	12:30.4	Mike Balsley	12:01.8	Dax VanLengen	11:59.5
2	Mike Balsley	12:01.8	2017					Dax VanLengen	13:08.0	Mike Balsley	12:44.5
3	Austin Steffensmeier	12:47.8	2017					Jonathan Laner	13:35.2	Austin Steffensmeier	12:47.8
4	Jonathan Laner	13:35.2	2014								
5											
4 X 400 Relay Split											
1	Brady Brester	53.8	2013	Brady Brester	53.8	Luke Hegemann	56.9	Josh Brester	58.1	Jordon Brichacek	58.5
2	Luke Hegemann	56.9	2013	Marcus Love	63.5	Josh Brester	56.9	Darrin Pokorny	58.5	Trevor Schumacher	59.4
3	Josh Brester	56.9	2018			Ben Kuehn	57.3	Mith Yosten	58.6	Mitch Yosten	60.8
4	Ben Kuehn	57.3	2013			Casey Wisnieski	57.3	Tyler Polacek	58.8	Jon Yosten	61.0
5	Casey Wisnieski	57.3	2013			Matt Cada	58.2	Luke Renter	59.3	Kade Hegemann	61.5
4 X 800 Relay Split											
1	Josh Brester	2:07.0	2018			Josh Brester	2:07.0	Josh Brester	2:14.1	Matt Cada	2:22.3
2	Dax VanLengen	2:15.6	2017			Dax VanLengen	2:15.6	Austin Steffensmeier	2:16.1	Josh Brester	2:22.6
3	Austin Steffensmeier	2:16.1	2018			Matt Cada	2:20.8	Tyler Polacek	2:18.5	Tyler Polacek	2:22.8
4	Tyler Polacek	2:18.5	2014			Mike Balsley	2:40.8	Dax VanLengen	2:18.9	Austin Steffensmeier	2:23.6
5	Matt Cada	2:19.0	2017			Jonathan Laner	2:46.1	Matt Cada	2:19.0	Caden Jackson	2:23.6
4 X 100 Relay      4 X 400 Relay      4 X 800 Relay											
1				2016	44.7	2013	3:46.7	2018	9:10.98		
2				2014	46.0	2018	3:54.36	2017	9:15.6		
3				2018	46.4	2017	3:57.4	2016	9:32.0		
4				2013	47.2	2015	4:01.0	2013	9:57.3		
5				2017	47.3	2014	4:03.9	2014	10:15.3		