

300 METER INTERMEDIATE HURDLES

ALL-TIME TOP 25 INDIVIDUALS

1.	37.86	Reed Vanderheyden	State (Final)	2016
2.	39.44c	Cory Parrish	NCIC Conference	2000
3.	39.54c	Mike Sunstrom	Geneseo Inv.	2001
4.	39.60	Andrew Pischke	NIB-12 Conference	2017
5.	40.04c	Tyrone Jackson	Sectional	1989
6.	40.14c	Shane McKibbin	Sectional	1991
7.	40.44c	Chad Blunt	NCIC Conference	1990
8.	40.53	Colton Pischke	Geneseo ABC Inv.	2018
9.	40.74c	Jeff Causemaker	Sectional	1995
10.	40.74c	Brad Johnson	NCIC Conference	1993
11.	40.76	Wolfe Repass	Sectional	2006
12.	40.87	Luke Sebastian	Sectional	2019
13.	40.94	Jordan Mielke	Sectional	2014
14.	41.04c	Nick DePauw	Geneseo Inv.	1998
15.	41.24c	Drew Croegaert	NCIC Conference	2007
16.	41.44c	David Farmer	Geneseo Inv.	1991
17.	41.58	Michael Ashpole	NCIC Conference	2010
18.	41.68	Ben Cosgrave	Galesburg ABC Inv.	2015
19.	41.71	Josh Forbes	NCIC Conference	2004
20.	41.74c	Justin Seeley	Geneseo ABC Inv.	2012
21.	41.94c	Chris Bisom	NCIC Conference	2009
22.	42.04c	Jonathan Eschke	Sectional	1996
23.	42.04c	Eric Newton	Sectional	1991
24.	42.14c	Eric Wright	NCIC Conference	1992
25.	42.50	Eric Darwin	Rock Island ABC Inv.	2005

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ALL-TIME TOP 25 PERFORMANCES

1.	37.86	Reed Vanderheyden	State (Final)	2016
2.	37.94	Reed Vanderheyden	Galesburg ABC Inv.	2017
3.	38.04c	Reed Vanderheyden	Geneseo ABC Inv.	2016
4.	38.06	Reed Vanderheyden	Geneseo ABC Inv.	2017
5.	38.11	Reed Vanderheyden	Sectional	2016
6.	38.16	Reed Vanderheyden	Geneseo ABC Inv.	2018
7.	38.27	Reed Vanderheyden	Sectional	2017
8.	38.28	Reed Vanderheyden	State (Final)	2018
9.	38.31	Reed Vanderheyden	NIB-12 Conference	2017
10.	38.42	Reed Vanderheyden	State (Prelim)	2016
11.	38.53	Reed Vanderheyden	State (Final)	2015

12.	38.64c	Reed Vanderheyden	NIB-12 Conference	2016
13.	38.66	Reed Vanderheyden	Rock Island ABC Inv.	2017
14.	38.83	Reed Vanderheyden	State (Final)	2017
15.	38.85	Reed Vanderheyden	Galesburg ABC Inv.	2018
16.	39.05	Reed Vanderheyden	Pekin Inv.	2016
17.	39.13	Reed Vanderheyden	State (Prelim)	2018
18.	39.15	Reed Vanderheyden	State (Prelim)	2017
19.	39.16	Reed Vanderheyden	Geneseo ABC Inv.	2015
20.	39.18	Reed Vanderheyden	Sectional	2018
21.	39.32	Reed Vanderheyden	Dixon Quad.	2017
22.	39.37	Reed Vanderheyden	Rock Island ABC Inv.	2018
23.	39.44c	Cory Parrish	NCIC Conference	2000
24.	39.51	Reed Vanderheyden	Galesburg Dual	2018
25.	39.54c	Mike Sunstrom	Geneseo Inv.	2001
26.	39.54c	Cory Parrish	Rock Island ABC Inv.	2000

300 METER INTERMEDIATE HURDLES

ALL-TIME TOP 25 SENIOR INDIVIDUALS

1.	38.16	Reed Vanderheyden	Geneseo ABC Inv.	2018
2.	39.44c	Cory Parrish	NCIC Conference	2000
3.	39.54c	Mike Sunstrom	Geneseo Inv.	2001
4.	39.60	Andrew Pischke	NIB-12 Conference	2017
5.	40.04c	Tyrone Jackson	Sectional	1989
6.	40.14c	Shane McKibbin	Sectional	1991
7.	40.44c	Chad Blunt	NCIC Conference	1990
8.	40.54	Colton Pischke	UTHS ABC Inv.	2019
9.	40.74c	Jeff Causemaker	Sectional	1995
10.	40.87	Luke Sebastian	Sectional	2019
11.	40.94	Jordan Mielke	Sectional	2014
12.	41.04c	Nick DePauw	Geneseo Inv.	1998
13.	41.24c	Drew Croegaert	NCIC Conference	2007
14.	41.58	Michael Ashpole	NCIC Conference	2010
15.	41.94c	Chris Bisom	NCIC Conference	2009
16.	42.04c	Jonathan Eschke	Sectional	1996
17.	42.50	Eric Darwin	Rock Island ABC Inv.	2005
18.	43.33	Tom Peal	Sectional	2008
19.	43.36	Griffin Welfer	Pekin Inv.	2014
20.	43.54c	Jeremy Heaton	Galesburg Dual	2002
21.	43.54c	Andy Esche	UTHS J/V Inv.	1997
22.	43.67	Ben Cosgrave	Rock Island J/V Inv.	2017
23.	43.75	Ben Koenig	Sectional	2008
24.	43.84c	Luke Thompson	Geneseo Inv.	2004
25.	44.34c	Neil Russell	Princeton & Sherrard	1999

26.	44.34c	David Farmer	Rock Island ABC Inv.	1992
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300 METER INTERMEDIATE HURDLES

ALL-TIME TOP 25 SENIOR PERFORMANCES

1.	38.16	Reed Vanderheyden	Geneseo ABC Inv.	2018
2.	38.28	Reed Vanderheyden	State (Final)	2018
3.	38.85	Reed Vanderheyden	Galesburg ABC Inv.	2018
4.	39.13	Reed Vanderheyden	State (Prelim)	2018
5.	39.18	Reed Vanderheyden	Sectional	2018
6.	39.37	Reed Vanderheyden	Rock Island ABC Inv.	2018
7.	39.44c	Cory Parrish	NCIC Conference	2000
8.	39.51	Reed Vanderheyden	Galesburg Dual	2018
9.	39.54c	Mike Sunstrom	Geneseo Inv.	2001
10.	39.54c	Cory Parrish	Rock Island ABC Inv.	2000
11.	39.60	Andrew Pischke	NIB-12 Conference	2017
12.	39.75	Reed Vanderheyden	Pekin Inv.	2018
13.	39.94c	Mike Sunstrom	Sectional	2001
14.	40.04c	Cory Parrish	Sectional	2000
15.	40.04c	Tyrone Jackson	Sectional	1989
16.	40.14c	Cory Parrish	Geneeso Inv.	2000
17.	40.14c	Cory Parrish	Pekin Inv.	2000
18.	40.14c	Shane McKibbon	Sectional	1991
19.	40.17	Mike Sunstrom	State (Prelim)	2001
20.	40.34c	Mike Sunstrom	Rock Island ABC Inv.	2001
21.	40.44c	Mike Sunstrom	Pekin Inv.	2001
22.	40.44c	Shane McKibbon	Geneseo Inv.	1991
23.	40.44c	Chad Blunt	NCIC Conference	1990
24.	40.54	Colton Pischke	UTHS ABC Inv.	2019
25.	40.74c	Cory Parrish	Alleman & Galesburg	2000
26.	40.74c	Jeff Causemaker	Sectional	1995
27.	40.74c	Chad Blunt	Sectional	1990

300 METER INTERMEDIATE HURDLES

ALL-TIME TOP 25 JUNIOR INDIVIDUALS

1.	37.94	Reed Vanderheyden	Galesburg ABC Inv.	2017
2.	39.74	Andrew Pischke	Sectional	2016
3.	40.53	Colton Pischke	Geneseo ABC Inv.	2018
4.	40.74c	Brad Johnson	NCIC Conference	1993
5.	40.76	Wolfe Repass	Sectional	2006
6.	41.14c	Shane McKibbon	NCIC Conference	1990
7.	41.24c	Cory Parrish	NCIC Conference	1999

8.	41.44c	David Farmer	Geneseo Inv.	1991
9.	41.54c	Jeff Causemaker	NCIC Conference	1994
10.	41.74	Josh Forbes	NCIC Conference	2004
11.	42.14c	Derek Wright	NCIC Conference	1992
12.	42.74c	Michael Ashpole	Geneseo Inv.	2009
13.	42.84c	Drew Croegaert	Sterling Inv.	2006
14.	42.98	Andrew Rizzo	Geneseo ABC Inv.	2018
15.	43.04c	Ben Cosgrave	UTHS J/S Inv.	2016
16.	43.04c	Nick DePauw	Sectional	1997
17.	43.24c	Mike Sunstrom	Pekin Inv.	2000
18.	43.34c	Jeremy Heaton	Geneseo Inv.	2001
19.	43.44c	Dugan Kuffel	Moline J/V Inv.	2012
20.	43.54c	Caleb Diericx	Sterling Inv.	2005
21.	43.62	Nate Ryerson	Rock Island ABC Inv.	2022
22.	43.64c	Luke Thompson	UTHS Inv.	2003
23.	43.64c	Nathan Price	Sectional	1996
24.	43.64c	Chad Blunt	UTHS Inv.	1989
25.	43.84c	Neil Russell	NCIC Conference	1998

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ALL-TIME TOP 25 JUNIOR PERFORMANCES

1.	37.94	Reed Vanderheyden	Galesesburg ABC Inv.	2017
2.	38.06	Reed Vanderheyden	Geneseo ABC Inv.	2017
3.	38.27	Reed Vanderheyden	Sectional	2017
4.	38.31	Reed Vanderheyden	NIB-12 Conference	2017
5.	38.66	Reed Vanderheyden	Rock Island ABC Inv.	2017
6.	38.83	Reed Vanderheyden	State (Final)	2017
7.	39.15	Reed Vanderheyden	State (Prelim)	2017
8.	39.32	Reed Vanderheyden	Dixon Quad.	2017
9.	39.74	Andrew Pischke	Sectional	2016
10.	39.95	Andrew Pischke	State (Prelim)	2016
11.	40.04	Reed Vanderheyden	UTHS ABC Inv.	2017
12.	40.34c	Andrew Pischke	Geneseo ABC Inv.	2016
13.	40.53	Colton Pischke	Geneseo ABC Inv.	2018
14.	40.62	Andrew Pischke	State (Final)	2016
15.	40.71	Andrew Pischke	Pekin Inv.	2016
16.	40.74	Andrew Pischke	Galesburg ABC Inv.	2016
17.	40.74c	Brad Johnson	NCIC Conference	1993
18.	40.76	Wolfe Repass	Sectional	2006
19.	40.84	Colton Pischke	NIB-12 Conference	2018
20.	40.91	Colton Pischke	Rock Island ABC Inv.	2018
21.	40.92	Colton Pischke	Sectional	2018

22.	41.04c	Brad Johnson	Geneseo Inv.	1993
23.	41.06	Andrew Pischke	Rock Island ABC Inv.	2016
24.	41.14c	Shane McKibbon	NCIC Conference	1990
25.	41.16	Wolfe Repass	NCIC Conference	2006

300 METER INTERMEDIATE HURDLES

ALL-TIME TOP 25 SOPHOMORES INDIVIDUALS

1.	37.86	Reed Vanderheyden	State (Final)	2016
2.	41.68	Ben Cosgrave	Galesburg ABC Inv.	2015
3.	41.74c	Justin Seeley	Geneseo ABC Inv.	2012
4.	41.74c	Mike Sunstrom	NCIC Conference	1999
5.	41.95	Colton Pischke	Galesburg ABC Inv.	2017
6.	42.24c	Jeff Causemaker	Sectional	1993
7.	42.24c	Eric Newton	NCIC Conference	1992
8.	42.24c	Shane McKibbon	Sectional	1989
9.	42.54c	Cory Parrish	NCIC Conference	1998
10.	42.54c	David Farmer	NCIC Conference	1990
11.	42.59	Dugan Kuffel	Sectional	2011
12.	42.74	Jake Rapps	Geneseo ABC Inv.	2022
13.	42.84c	Jeremy Heaton	NCIC Conference	2000
14.	42.87	Andrew Pischke	Geneseo ABC Inv.	2015
15.	43.09	Kyle Hofer	NIB-12 Conference	2018
16.	43.14c	Derek Wright	NCIC Conference	1991
17.	43.24c	Luke Thompson	Geneseo Inv.	2002
18.	43.34c	Brad Johnson	NCIC Conference	1992
19.	43.74c	Wolfe Repass	NCIC Conference	2005
20.	43.74c	Jeremy Meir	Alleman & Galesburg	1990
21.	44.34c	Justin Kempher	NCIC Conference	2000
22.	44.43	Jordan Mielke	NIB-12 F/S Conference	2012
23.	44.84c	Jonathan Esche	Alleman & Galesburg	1994
24.	45.04c	Griffin Welfer	Moline F/S Inv.	2012
25.	45.04c	Tom Peal	UTHS J/V Inv.	2006

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ALL-TIME TOP 25 SOPHOMORE PERFORMANCES

1.	37.86	Reed Vanderheyden	State (Final)	2016
2.	38.04c	Reed Vanderheyden	Geneseo ABC Inv.	2016
3.	38.11	Reed Vanderheyden	Sectional	2016
4.	38.42	Reed Vanderheyden	State (Prelim)	2016
5.	38.64c	Reed Vanderheyden	NIB-12 Conference	2016
6.	39.05	Reed Vanderheyden	Pekin Inv.	2016

7.	39.61	Reed Vanderheyden	Galesburg ABC Inv.	2016
8.	40.16	Reed Vanderheyden	UTHS ABC Inv.	2016
9.	41.68	Ben Cosgrave	Galesburg ABC Inv.	2015
10.	41.74c	Justin Seeley	Geneseo ABC Inv.	2012
11.	41.74c	Mike Sunstrom	NCIC Conference	1999
12.	41.95	Colton Pischke	Galesburg ABC Inv.	2017
13.	42.03	Colton Pischke	UTHS ABC Inv.	2017
14.	42.04c	Justin Seeley	Pekin Inv.	2012
15.	42.04c	Mike Sunstrom	Sectional	1999
16.	42.12	Colton Pischke	Geneseo ABC Inv.	2017
17.	42.16	Justin Seeley	Sectional	2012
18.	42.24c	Ben Cosgrave	Geneseo F/S Inv.	2015
19.	42.24c	Jeff Causemaker	Sectional	1993
20.	42.24c	Eric Newton	NCIC Conference	1992
21.	42.24c	Eric Newton	Geneseo Inv.	1992
22.	42.24c	Shane McKibbin	Sectional	1989
23.	42.44c	Justin Seeley	Moline F/S Inv.	2012
24.	42.54c	Cory Parrish	NCIC Conference	1998
25.	42.54c	Eric Newton	Sectional	1992
26.	42.54c	David Farmer	NCIC Conference	1990

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ALL-TIME TOP 25 FRESHMEN INDIVIDUALS

1.	38.53	Reed Vanderheyden	State (Final)	2015
2.	42.04c	Colton Pischke	Geneseo ABC Inv.	2016
3.	42.04c	Eric Newton	Sectional	1991
4.	43.44c	Dugan Kuffel	NCIC Conference	2010
5.	43.44c	Derek Wright	Alleman & Galesburgq	1990
6.	43.64c	Ben Cosgrave	Geneseo ABC Inv.	2014
7.	43.74	Kyle Hofer	Rock Island J/V Inv.	2017
8.	43.98	Andrew Pischke	NIB-12 F/S Conference	2014
9.	44.44	Hunter Clark-Holke	Geneseo F/S Inv.	2019
10.	44.64c	Jaran Heaton	Sterling Inv.	2005
11.	44.74c	Micah Stewart	Geneseo F/S Inv.	2008
12.	45.04c	Justin Seeley	Geneseo F/S Inv.	2011
13.	45.24c	David Farmer	Moline F/S Inv.	1989
14.	45.29	Jordan Mielke	Sectional	2011
15.	45.34c	Brad Johnson	Moline Dual	1992
16.	45.07	Cory Parrish	Geneseo F/S Inv.	1997
17.	45.64c	Caleb Diericx	NCIC Conference	2003
18.	45.64c	Mike Sunstrom	NCIC Conference	1998
19.	46.14c	Clay Hanson	UTHS Inv.	1993
20.	46.14c	Jeff Causemaker	NCIC Conference	1992

21.	46.54c	Andre Jackson	UTHS J/V Inv.	2000
22.	46.54c	Justin Kempher	NCIC Conference	1999
23.	46.57	Jeremy Harper	NIB-12 F/S Conference	2012
24.	46.64c	Ben Forest	NCIC Conference	1994
25.	46.74c	Jeremy Mier	NCIC Conference	1989

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1.	38.53	Reed Vanderheyden	State (Final)	2015
2.	39.16	Reed Vanderheyden	Geneseo ABC Inv.	2015
3.	39.58	Reed Vanderheyden	Sectional	2015
4.	39.92	Reed Vanderheyden	Pekin Inv.	2015
5.	40.09	Reed Vanderheyden	State (Prelim)	2015
6.	40.24	Reed Vanderheyden	Galesburg ABC Inv.	2015
7.	40.84c	Reed Vanderheyden	Geneseo F/S Inv.	2015
8.	42.04c	Colton Pischke	Geneseo ABC Inv.	2016
9.	42.04c	Eric Newton	Sectional	1991
10.	42.74c	Colton Pischke	UTHS J/V Inv.	2016
11.	42.84c	Eric Newton	NCIC Conference	1991
12.	42.94c	Eric Newton	Geneseo F/S Inv.	1991
13.	43.04c	Eric Newton	Sterling Inv.	1991
14.	43.24c	Colton Pischke	NIB-12 F/S Conference	2016
15.	43.44c	Dugan Kuffel	NCIC Conference	2010
16.	43.44c	Derek Wright	Alleman & Galesburgq	1990
17.	43.54c	Eric Newton	Rock Island Inv.	1991
18.	43.64c	Colton Pischke	Geneseo F/S Inv.	2016
19.	43.64c	Ben Cosgrave	Geneseo ABC Inv.	2014
20.	43.64c	Dugan Kuffel	Geneseo F/S Inv.	2010
21.	43.64c	Eric Newton	UTHS Inv.	1991
22.	43.66	Colton Pischke	Galesburg ABC Inv.	2016
23.	43.74	Kyle Hofer	Rock Island J/V Inv.	2017
24.	43.74c	Ben Cosgrave	UTHS J/V Inv.	2014
25.	43.74c	Eric Newton	Alleman & Galesburg	1991