

3200 METER RUN

ALL-TIME TOP 25 INDIVIDUALS

1.	8:57.27	Dan Chenoweth	State (Final)	2007
2.	9:21.34c	Tim Arnett	Geneseo Inv.	1985
3.	9:25.25	Brian Chenoweth	State (Final)	2005
4.	9:30.64c	Randy Pobanz	NCIC Conference	1971
5.	9:35.74c	Rich Werkheiser	Chicago Indoor Inv.	1982
6.	9:35.87	Bryan Glass	State (Final)	1991
7.	9:35.94c	Andy Snook	Sectional	1993
8.	9:38.44c	Justin Fluck	Moline ABC Inv.	1998
9.	9:38.90	Jordan Starkey	Sectional	2013
10.	9:39.64c	Eric Zeitler	Sectional	1982
11.	9:46.14c	Phil Walsh	NCIC Conference	1988
12.	9:46.94c	Kyle Fluck	NCIC Conference	2003
13.	9:47.84c	Tim Nelson	Sectional	2000
14.	9:47.84c	Chris Studer	Rock Island ABC Inv.	1997
15.	9:50.64c	Dennis Pobanz	NCIC Conference	1967
16.	9:51.96	Blake Duncan	NIB-12 Conference	2017
17.	9:52.94c	Andy Snyder	Rock Island ABC Inv.	1994
18.	9:54.34c	Chris Gomez	Princeton & Rockridge	1983
19.	9:55.34c	Brad Baker	NCIC Conference	1989
20.	9:56.34c	Pat Smith	Dixon Inv.	1981
21.	9:56.84c	Rob Amans	Geneseo Quad.	1974
22.	9:58.34c	Cliff Harker	Geneseo Inv.	1986
23.	9:58.34	Nathan Schlindwein	Rock Island ABC Inv.	2004
24.	9:58.84cr	Mark Nordstrom	Geneseo Quad.	1977
25.	10:01.52	Nick Fox	Pekin Inv.	2016

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ALL-TIME TOP 25 PERFORMANCES

1.	8:57.27	Dan Chenoweth	State (Final)	2007
2.	8:57.54c	Dan Chenoweth	Geneseo Inv.	2007
3.	8:58.71c	Dan Chenoweth	Nike Outdoor Nationals	2007
4.	9:05.43	Dan Chenoweth	Rock Island ABC Inv.	2007
5.	9:11.44c	Dan Chenoweth	Midwest Distance Gala	2006
6.	9:15.74	Dan Chenoweth	Sectional	2007
7.	9:16.38	Dan Chenoweth	Ottawa ABC Inv.	2007
8.	9:16.55	Dan Chenoweth	Sectional	2006
9.	9:17.39	Dan Chenoweth	Rock Island ABC Inv.	2006
10.	9:21.34c	Tim Arnett	Geneseo Inv.	1985
11.	9:22.15	Dan Chenoweth	State (Final)	2006

12.	9:22.73	Dan Chenoweth	Sterling Last Chance Inv.	2007
13.	9:25.25	Brian Chenoweth	State (Final)	2005
14.	9:27.98	Dan Chenoweth	UTHS Inv.	2006
15.	9:28.94c	Tim Arnett	Sectional	1985
16.	9:29.84c	Tim Arnett	NCIC Conference	1984
17.	9:30.24c	Tim Arnett	North Scott Inv.	1985
18.	9:30.64c	Randy Pobanz	NCIC Conference	1971
19.	9:33.24c	Brian Chenoweth	Geneseo Inv.	2005
20.	9:33.34c	Tim Arnett	Chicago Indoor Inv.	1985
21.	9:33.35	Brian Chenoweth	Sectional	2005
22.	9:35.74c	Rich Werkheiser	Chicago Indoor Inv.	1982
23.	9:34.24c	Tim Arnett	Geneseo Inv.	1984
24.	9:34.84c	Randy Pobanz	State (Final)	1970
25.	9:35.64c	Randy Pobanz	Geneseo Quad.	1971

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ALL-TIME TOP 25 SENIOR INDIVIDUALS

1.	8:57.27	Dan Chenoweth	State (Final)	2007
2.	9:21.34c	Tim Arnett	Geneseo Inv.	1985
3.	9:25.25	Brian Chenoweth	State (Final)	2005
4.	9:30.64c	Randy Pobanz	NCIC Conference	1971
5.	9:35.74c	Rich Werkheiser	Chicago Indoor Inv.	1982
6.	9:35.87	Bryan Glass	State (Final)	1991
7.	9:35.94c	Andy Snook	Sectional	1993
8.	9:38.90	Jordan Starkey	Sectional	2013
9.	9:39.64c	Eric Zeitler	Sectional	1982
10.	9:46.14c	Phil Walsh	NCIC Conference	1988
11.	9:46.94c	Kyle Fluck	NCIC Conference	2003
12.	9:46.94c	Justin Fluck	Sectional	1999
13.	9:47.84c	Tim Nelson	Sectional	2000
14.	9:50.64c	Dennis Pobanz	NCIC Conference	1967
15.	9:52.94c	Andy Snyder	Rock Island ABC Inv.	1994
16.	9:54.14c	Chris Studer	NCIC Conference	1999
17.	9:55.34c	Brad Baker	NCIC Conference	1989
18.	9:56.84c	Rob Amans	Geneseo Quad.	1974
19.	9:58.34c	Cliff Harker	Geneseo Inv.	1986
20.	9:58.84cr	Mark Nordstrom	Geneseo Quad.	1977
21.	10:01.52	Nick Fox	Pekin Inv.	2016
22.	10:03.90	Nathan Schlindwein	Rock Island ABC Inv.	2005
23.	10:04.08	Blake Duncan	NIB-12 Conference	2018
24.	10:04.64c	Ron Clifton	Geneseo Night Relays	1980
25.	10:05.84c	Josh Lodge	Geneseo Inv.	2009

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ALL-TIME TOP 25 SENIOR PERFORMANCES

1.	8:57.27	Dan Chenoweth	State (Final)	2007
2.	8:57.54c	Dan Chenoweth	Geneseo Inv.	2007
3.	8:58.71c	Dan Chenoweth	Nike Outdoor Nationals	2007
4.	9:05.43	Dan Chenoweth	Rock Island ABC Inv.	2007
5.	9:15.74	Dan Chenoweth	Sectional	2007
6.	9:16.38	Dan Chenoweth	Ottawa ABC Inv.	2007
7.	9:21.34c	Tim Arnett	Geneseo Inv.	1985
8.	9:22.73	Dan Chenoweth	Sterling Last Chance Inv.	2007
9.	9:25.25	Brian Chenoweth	State (Final)	2005
10.	9:28.94c	Tim Arnett	Sectional	1985
11.	9:30.24c	Tim Arnett	North Scott Inv.	1985
12.	9:30.64c	Randy Pobanz	NCIC Conference	1971
13.	9:33.24c	Brian Chenoweth	Geneseo Inv.	2005
14.	9:33.34c	Tim Arnett	Chicago Indoor Inv.	1985
15.	9:33.35	Brian Chenoweth	Sectional	2005
16.	9:35.64c	Randy Pobanz	Geneseo Quad.	1971
17.	9:35.74c	Rich Werkheiser	Chicago Indoor Inv.	1982
18.	9:35.87	Bryan Glass	State (Final)	1991
19.	9:35.94c	Andy Snook	Sectional	1993
20.	9:36.04c	Rich Werkheiser	Hall & Pleasant Valley	1982
21.	9:38.14c	Tim Arnett	Dixon & Moline	1985
22.	9:38.90	Jordan Starkey	Sectional	2013
23.	9:39.04c	Tim Arnett	Bettendorf & Moline	1985
24.	9:39.54c	Rich Werkheiser	Dixon Dual	1982
25.	9:39.64c	Eric Zeitler	Sectional	1982

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ALL-TIME TOP 25 JUNIOR INDIVIDUALS

1.	9:11.44c	Dan Chenoweth	Midwest Distance Gala	2006
2.	9:29.84c	Tim Arnett	NCIC Conference	1984
3.	9:34.84c	Randy Pobanz	State (Final)	1970
4.	9:36.34c	Andy Snook	Geneseo Inv.	1992
5.	9:38.44c	Justin Fluck	Moline ABC Inv.	1998
6.	9:39.94c	Rich Werkheiser	Geneseo Inv.	1981
7.	9:40.44c	Bryan Glass	State (Final)	1990
8.	9:45.38	Jordan Starkey	Pekin Inv.	2012
9.	9:48.54c	Eric Zeitler	Dixon Inv.	1981
10.	9:49.74c	Phil Walsh	Geneseo Inv.	1987

11.	9:51.96	Blake Duncan	NIB-12 Conference	2017
12.	9:54.34c	Chris Gomez	Princeton & Rockridge	1983
13.	9:56.84c	Chris Studer	Sectional	1998
14.	9:58.34	Nathan Schlindwein	Rock Island ABC Inv.	2004
15.	9:58.64c	Brad Baker	Dixon & Rochelle	1988
16.	10:03.44c	Jason VanVooren	Sectional	1989
17.	10:04.64c	Ron Clifton	Geneseo Quad.	1980
18.	10:07.34c	Kyle Reiling	Geneseo Inv.	2011
19.	10:08.14c	Ryan Kotecki	Geneseo Inv.	2007
20.	10:09.44c	Kyle Fluck	NCIC Conference	2002
21.	10:10.34c	Tim Nelson	UTHS Inv.	1999
22.	10:11.24c	Karl Taets	Moline Dual	1992
23.	10:11.24c	Mike Haars	UTHS Inv.	1987
24.	10:11.84c	Josh Franks	Pekin Inv.	2000
25.	10:11.94c	Andy Snyder	Moline Dual	1993

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ALL-TIME TOP 25 JUNIOR PERFORMANCES

1.	9:11.44c	Dan Chenoweth	Midwest Distance Gala	2006
2.	9:16.55	Dan Chenoweth	Sectional	2006
3.	9:17.39	Dan Chenoweth	Rock Island ABC Inv.	2006
4.	9:22.15	Dan Chenoweth	State (Final)	2006
5.	9:27.98	Dan Chenoweth	UTHS Inv.	2006
6.	9:29.84c	Tim Arnett	NCIC Conference	1984
7.	9:34.24c	Tim Arnett	Geneseo Inv.	1984
8.	9:34.84c	Randy Pobanz	State (Final)	1970
9.	9:36.34c	Andy Snook	Geneseo Inv.	1992
10.	9:38.44c	Justin Fluck	Moline ABC Inv.	1998
11.	9:39.94c	Rich Werkheiser	Geneseo Inv.	1981
12.	9:40.04c	Tim Arnett	Sectional	1984
13.	9:40.44c	Bryan Glass	State (Final)	1990
14.	9:40.84c	Bryan Glass	Sectional	1990
15.	9:40.84c	Tim Arnett	UTHS Inv.	1984
16.	9:41.24c	Tim Arnett	Dixon Inv.	1984
17.	9:41.34c	Andy Snook	UTHS Inv.	1992
18.	9:41.84c	Rich Werkheiser	NCIC Conference	1981
19.	9:42.64c	Justin Fluck	Rock Island ABC Inv.	1998
20.	9:44.24c	Tim Arnett	North Scott Inv.	1984
21.	9:44.24c	Randy Pobanz	NCIC Conference	1970
22.	9:44.44c	Justin Fluck	Dixon & Rochelle	1998
23.	9:44.44c	Andy Snook	Sectional	1992
24.	9:45.24c	Dan Chenoweth	Geneseo Inv.	2006
25.	9:45.38	Jordan Starkey	Pekin Inv.	2012

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ALL-TIME TOP 25 SOPHOMORES INDIVIDUALS

1.	9:37.84c	Tim Arnett	NCIC Conference	1983
2.	9:43.02	Andy Snook	State (Final)	1991
3.	9:46.34c	Dan Chenoweth	Geneseo Inv.	2005
4.	9:47.84c	Chris Studer	Rock Island ABC Inv.	1997
5.	9:48.94c	Rich Werkheiser	North Scott Inv.	1980
6.	9:56.34c	Pat Smith	Dixon Inv.	1981
7.	9:56.74c	Phil Walsh	North Scott Inv.	1986
8.	9:57.94c	Brad Baker	NCIC Conference	1987
9.	9:59.54c	Randy Pobanz	Sectional	1969
10.	10:00.51	Jordan Starkey	Sectional	2011
11.	10:03.33	Blake Duncan	Pekin Inv.	2016
12.	10:10.84c	Andy Snyder	Sectional	1992
13.	10:13.24c	Nathan Schlindwein	NCIC Conference	2003
14.	10:17.44c	Jason VanVooren	Davenport North & West	1988
15.	10:18.64c	Tim Nelson	Geneseo J/V Inv.	1998
16.	10:18.84c	Dan Fitzgerald	NCIC Conference	1978
17.	10:19.25	David Chenoweth	Pekin Inv.	2013
18.	10:20.34c	Mike Haars	Davenport North & West	1986
19.	10:21.24c	John Huyvaert	Dixon Inv.	1984
20.	10:21.61	William Plumley	Geneseo ABC Inv.	2019
21.	10:22.24c	Bryan Glass	Moline F/S Inv.	1989
22.	10:22.74c	Karl Taets	Rock Island ABC Inv.	1991
23.	10:23.14c	Tony Linaberry	Sterling Inv.	1984
24.	10:24.14c	Andy Beuster	NCIC Conference	1998
25.	10:24.93	Ryan Kotecki	NCIC Conference	2006

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ALL-TIME TOP 25 SOPHOMORE PERFORMANCES

1.	9:37.84c	Tim Arnett	NCIC Conference	1983
2.	9:39.24c	Tim Arnett	Sectional	1983
3.	9:43.02	Andy Snook	State (Final)	1991
4.	9:45.24c	Tim Arnett	Sterling Inv.	1983
5.	9:45.44c	Tim Arnett	Pleasant Valley Inv.	1983
6.	9:46.34c	Dan Chenoweth	Geneseo Inv.	2005
7.	9:47.41	Dan Chenoweth	Rock Island ABC Inv.	2005
8.	9:47.84c	Chris Studer	Rock Island ABC Inv.	1997

9.	9:47.94c	Chris Studer	State (Final)	1997
10.	9:48.94c	Chris Studer	Sectional	1997
11.	9:48.94c	Rich Werkheiser	North Scott Inv.	1980
12.	9:49.64c	Andy Snook	Sectional	1991
13.	9:50.24c	Andy Snook	Geneseo Inv.	1991
14.	9:50.24c	Rich Werkheiser	Rock Falls Dual	1980
15.	9:51.24c	Rich Werkheiser	Geneseo Inv.	1980
16.	9:51.34c	Rich Werkheiser	Geneseo Night Relays	1980
17.	9:51.74c	Tim Arnett	Dixon Inv.	1983
18.	9:52.54c	Tim Arnett	Geneseo Inv.	1983
19.	9:52.74c	Tim Arnett	Moline Dual	1983
20.	9:53.34c	Andy Snook	NCIC Conference	1991
21.	9:56.34c	Pat Smith	Dixon Inv.	1981
22.	9:56.54c	Andy Snook	Rock Island ABC Inv.	1991
23.	9:56.74c	Phil Walsh	North Scott Inv.	1986
24.	9:56.84c	Phil Walsh	NCIC Conference	1986
25.	9:56.84c	Phil Walsh	Sterling Inv.	1986

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ALL-TIME TOP 25 FRESHMEN INDIVIDUALS

1.	9:52.14c	Andy Snook	Rock Island ABC Inv.	1990
2.	10:03.54c	Justin Fluck	Waubonsie Valley Inv.	1996
3.	10:07.24c	Rich Werkheiser	Henry County Inv.	1979
4.	10:10.94c	Phil Walsh	Geneseo Inv.	1985
5.	10:11.64c	Jordan Starkey	NCIC Conference F/S	2013
6.	10:15.14c	Jason VanVooren	Sectional	1987
7.	10:17.09	Nick Fox	NIB-12 Conference F/S	2013
8.	10:18.94c	Chris Studer	NCIC Conference F/S	1996
9.	10:18.94c	Jason Leigh	Davenport North & West	1988
10.	10:19.45	Nathan Soria	NIB-12 Conference	2014
11.	10:20.04c	John Huyvaert	NCIC Conference	1983
12.	10:23.44c	David Mattie	NCIC Conference	1999
13.	10:24.34c	Brad Baker	Pleasant Valley Inv.	1986
14.	10:25.24c	Tim Arnett	Rock Island Dual	1982
15.	10:25.74c	Bryan Glass	Geneseo 09 Inv.	1988
16.	10:28.06	David Chenoweth	Pekin Inv.	2012
17.	10:28.29	Dylan Gehl	Galesburg ABC Inv.	2022
18.	10:28.34c	Chad Pankey	NCIC Conference	1991
19.	10:28.64c	Chris Gomez	UTHS Inv.	1981
20.	10:30.54c	Randy Pobanz	Geneseo Quad.	1968
21.	10:31.34c	Andy Beuster	Geneseo F/S Inv.	1997
22.	10:33.87	Kyle Reiling	UTHS Inv.	2009
23.	10:36.86	Justin Johnson	Geneseo ABC Inv.	2019

24.	10:40.14c	Pat Smith	Rock Island 09 Inv.	1980
25.	10:42.82	Thomas Sigwalt	NCIC Conference	2008

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ALL-TIME TOP 25 FRESHMEN PERFORMANCES

1.	9:52.14c	Andy Snook	Rock Island ABC Inv.	1990
2.	10:00.34c	Andy Snook	Geneseo Inv.	1990
3.	10:00.84c	Andy Snook	NCIC Conference	1990
4.	10:01.24c	Andy Snook	Sectional	1990
5.	10:02.54c	Andy Snook	Moline F/S Inv.	1990
6.	10:03.54c	Justin Fluck	Waubonsie Valley Inv.	1996
7.	10:05.34c	Andy Snook	UTHS Inv.	1990
8.	10:07.24c	Rich Werkheiser	Henry County Inv.	1979
9.	10:09.14c	Rich Werkheiser	Geneseo Northwest Relays	1979
10.	10:10.34c	Andy Snook	Geneseo Inv.	1990
11.	10:10.94c	Phil Walsh	Geneseo Inv.	1985
12.	10:11.34c	Phil Walsh	Bettendorf 09 Inv.	1985
13.	10:11.64c	Jordan Starkey	NCIC Conference F/S	2013
14.	10:12.84c	Jordan Starkey	Sectional	2013
15.	10:14.04c	Justin Fluck	NCIC Conference	1996
16.	10:15.14c	Jason VanVooren	Sectional	1987
17.	10:15.74c	Phil Walsh	Bettendorf & Moline	1985
18.	10:16.24c	Jordan Starkey	Geneseo Inv.	2010
19.	10:16.34c	Jordan Starkey	Rock Island ABC Inv.	2010
20.	10:17.09	Nick Fox	NIB-12 Conference F/S	2013
21.	10:17.24c	Phil Walsh	Dixon Inv.	1985
22.	10:18.94c	Chris Studer	NCIC Conference F/S	1996
23.	10:18.94c	Jason Leigh	Davenport North & West	1988
24.	10:19.44c	Andy Snook	Geneseo 09 Inv.	1990
25.	10:19.45	Nathan Soria	NIB-12 Conference	2014