

SHOT PUT

ALL-TIME TOP 25 INDIVIDUALS

1.	17.57m (57' 08")	Curt Jensen	Sterling Inv.	2009
2.	17.11m (56' 01 ¾")	Mike Lohman	Galesburg Dual	1986
3.	16.99m (55' 09")	Joe Huffman	Galesburg Dual	2011
4.	16.86m (55' 04")	Wayne Strader	Geneseo Northwest Relays	1977
5.	16.80m (55' 01 ½")	Jeff Bowling	Geneseo Inv.	2000
6.	16.63m (54' 07")	A.J. Marmion	Sectional	2014
7.	16.59m (54' 05 ½")	Josh Mathis	Geneseo ABC Inv.	2016
8.	16.53m (54' 03")	Dennis Brooks	Geneseo Leaf Classic	1977
9.	16.40m (53' 10")	Bob Orsi	Sectional	1970
10.	16.34m (53' 07 ½")	Joe Paradiso	Sectional	2006
11.	16.31m (53' 06 ½")	Tim Stohl	Kewanee & Rock Falls	1975
12.	16.28m (53' 05")	Sam Thomas	Geneseo ABC Inv.	2016
13.	16.24m (53' 03 ½")	Joe Leamen	Monmouth Inv.	1969
14.	16.09m (52' 09 ½")	Bruce Searle	Geneseo Quad.	1973
15.	16.05m (52' 08 ¼")	Alan Shoemaker	Geneseo Quad.	1963
16.	15.98m (52' 05 ¼")	Chris Brooks	Sectional	2007
17.	15.95m (52' 04")	Jake Verstraete	Sectional	2000
18.	15.84m (52' 00")	Nick Verbeck	State (Final)	2014
19.	15.73m (51' 07 ½")	Derek Allen	NCIC Conference	1989
20.	15.69m (51' 06")	Bob Wachtel	Geneseo Quad.	1966
21.	15.68m (51' 05 ½")	Mike Poppen	Kewanee, L-P, Princeton	1995
22.	15.63m (51' 03 ½")	Gene Minnaert	Geneseo Quad.	1944
23.	15.47m (50' 09 ¼")	Chris Leamen	Geneseo Leaf Classic	1975
24.	15.40m (50' 06 ½")	Curt Seei	Dixon Inv.	1988
25.	15.36m (50' 05")	Jim VanAcker	Sectional	1992

SHOT PUT

ALL-TIME TOP 25 PERFORMANCES

1.	17.57m (57' 08")	Curt Jensen	Sterling Inv.	2009
2.	17.36m (56' 11 ½")	Curt Jensen	NCIC Conference	2009
3.	17.29m (56' 09")	Curt Jensen	Sterling Inv.	2009
4.	17.27m (56' 08")	Curt Jensen	Sterling Inv.	2009
5.	17.19m (56' 05")	Curt Jensen	Geneseo Inv.	2009
6.	17.15m (56' 03 ¼")	Curt Jensen	Sectional	2009
7.	17.11m (56' 01 ¾")	Mike Lohman	Galesburg Dual	1986
8.	17.10m (56' 01 ¼")	Curt Jensen	State (Prelim)	2009
9.	17.00m (55' 09 ½")	Curt Jensen	Sterling Inv.	2009
10.	16.99m (55' 09")	Joe Huffman	Galesburg Dual	2011
11.	16.97m (55' 08 ½")	Mike Lohman	Geneseo Inv.	1986

12.	16.96m (55' 08")	Curt Jensen	State Final	2009
13.	16.93m (55' 06 ¾")	Curt Jensen	Sectional	2009
14.	16.86m (55' 04")	Wayne Strader	Geneseo Northwest Relays	1977
15.	16.85m (55' 03 ½")	Mike Lohman	Sectional	1986
16.	16.80m (55' 01 ½")	Curt Jensen	Geneseo Inv.	2009
17.	16.80m (55' 01 ½")	Jeff Bowling	Geneseo Inv.	2000
18.	16.78m (55' 01")	Curt Jensen	State (Prelim)	2009
19.	16.76m (55' 00")	Curt Jensen	NCIC Conference	2009
20.	16.76m (55' 00")	Curt Jensen	Geneseo Inv.	2009
21.	16.68m (54' 09")	Wayne Strader	Geneseo Leaf Classic	1977
22.	16.66m (54' 08")	Curt Jensen	NCIC Conference	2009
23.	16.63m (54' 07")	A.J. Marmion	Sectional	2014
24.	16.59m (54' 05 ½")	Josh Mathis	Geneseo ABC Inv.	2016
25.	16.53m (54' 03")	Mike Lohman	Dixon Inv.	1986
26.	16.53m (54' 03")	Dennis Brooks	Geneseo Leaf Classic	1977

SHOT PUT

ALL-TIME TOP 25 SENIOR INDIVIDUALS

1.	17.57m (57' 08")	Curt Jensen	Sterling Inv.	2009
2.	17.11m (56' 01 ¾")	Mike Lohman	Galesburg Dual	1986
3.	16.86m (55' 04")	Wayne Strader	Geneseo Northwest Relays	1977
4.	16.80m (55' 01 ½")	Jeff Bowling	Geneseo Inv.	2000
5.	16.63m (54' 07")	A.J. Marmion	Sectional	2014
6.	16.59m (54' 05 ½")	Josh Mathis	Geneseo ABC Inv.	2016
7.	16.53m (54' 03")	Dennis Brooks	Geneseo Leaf Classic	1977
8.	16.40m (53' 10")	Bob Orsi	Sectional	1970
9.	16.34m (53' 07 ½")	Joe Paradiso	Sectional	2006
10.	16.31m (53' 06 ½")	Joe Huffman	Sterling 1 st Chance Inv.	2012
11.	16.31m (53' 06 ½")	Tim Stohl	Kewanee & Rock Falls	1975
12.	16.28m (53' 05")	Sam Thomas	Geneseo ABC Inv.	2016
13.	16.24m (53' 03 ½")	Joe Leamen	Monmouth Inv.	1969
14.	16.09m (52' 09 ½")	Bruce Searle	Geneseo Quad.	1973
15.	16.05m (52' 08 ¼")	Alan Shoemaker	Geneseo Quad.	1963
16.	15.98m (52' 05 ¼")	Chris Brooks	Sectional	2007
17.	15.95m (52' 04")	Jake Verstraete	Sectional	2000
18.	15.84m (52' 00")	Nick Verbeck	State (Final)	2014
19.	15.73m (51' 07 ½")	Derek Allen	NCIC Conference	1989
20.	15.69m (51' 06")	Bob Wachtel	Geneseo Quad.	1966
21.	15.68m (51' 05 ½")	Mike Poppen	Kewanee, L-P, Princeton	1995
22.	15.63m (51' 03 ½")	Gene Minnaert	Geneseo Quad.	1944
23.	15.47m (50' 09 ¼")	Chris Leamen	Geneseo Leaf Classic	1975
24.	15.40m (50' 06 ½")	Curt Seei	Dixon Inv.	1988
25.	15.36m (50' 05")	Jim VanAcker	Sectional	1992

SHOT PUT

ALL-TIME TOP 25 SENIOR PERFORMANCES

1.	17.57m (57' 08")	Curt Jensen	Sterling Inv.	2009
2.	17.36m (56' 11 ½")	Curt Jensen	NCIC Conference	2009
3.	17.29m (56' 09")	Curt Jensen	Sterling Inv.	2009
4.	17.27m (56' 08")	Curt Jensen	Sterling Inv.	2009
5.	17.19m (56' 05")	Curt Jensen	Geneseo Inv.	2009
6.	17.15m (56' 03 ¼")	Curt Jensen	Sectional	2009
7.	17.11m (56' 01 ¾")	Mike Lohman	Galesburg Dual	1986
8.	17.10m (56' 01 ¼")	Curt Jensen	State (Prelim)	2009
9.	17.00m (55' 09 ½")	Curt Jensen	Sterling Inv.	2009
10.	16.97m (55' 08 ½")	Mike Lohman	Geneseo Inv.	1986
11.	16.96m (55' 08")	Curt Jensen	State Final	2009
12.	16.93m (55' 06 ¾")	Curt Jensen	Sectional	2009
13.	16.86m (55' 04")	Wayne Strader	Geneseo Northwest Relays	1977
14.	16.85m (55' 03 ½")	Mike Lohman	Sectional	1986
15.	16.80m (55' 01 ½")	Curt Jensen	Geneseo Inv.	2009
16.	16.80m (55' 01 ½")	Jeff Bowling	Geneseo Inv.	2000
17.	16.78m (55' 01")	Curt Jensen	State (Prelim)	2009
18.	16.76m (55' 00")	Curt Jensen	NCIC Conference	2009
19.	16.76m (55' 00")	Curt Jensen	Geneseo Inv.	2009
20.	16.68m (54' 09")	Wayne Strader	Geneseo Leaf Classic	1977
21.	16.66m (54' 08")	Curt Jensen	NCIC Conference	2009
22.	16.63m (54' 07")	A.J. Marmion	Sectional	2014
23.	16.59m (54' 05 ½")	Josh Mathis	Geneseo ABC Inv.	2016
24.	16.53m (54' 03")	Mike Lohman	Dixon Inv.	1986
25.	16.53m (54' 03")	Dennis Brooks	Geneseo Leaf Classic	1977

SHOT PUT

ALL-TIME TOP 25 JUNIOR INDIVIDUALS

1.	16.99m (55' 09")	Joe Huffman	Galesburg Dual	2011
2.	16.33m (53' 07")	Joe Paradiso	NCIC Conference	2005
3.	16.29m (53' 05 ½")	Jeff Bowling	Geneseo Inv.	1999
4.	16.28m (53' 05")	Sam Thomas	Geneseo ABC Inv.	2016
5.	15.98m (52' 05 ½")	Wayne Strader	Sectional	1976
6.	15.79m (51' 10")	Chris Brooks	Sectional	2006
7.	15.70m (51' 06 ½")	A.J. Marmion	Sectional	2013
8.	15.59m (51' 02")	Jake Verstraete	Pekin Inv.	1999
9.	15.56m (51' 00 ¾")	Chris Leamen	Sterling Inv.	1974
10.	15.35m (50' 04 ½")	Mike Poppen	Moline Dual	1994

11.	15.25m (50' 00 ¾")	Tim Stohl	Geneseo Leaf Classic	1974
12.	15.19m (49' 10 ¼")	Nick Verbeck	Sectional	2013
13.	15.16m (49' 09")	Derek Allen	Princeton & Streator	1988
14.	15.03m (49' 04")	Mike Lohman	Geneseo Inv.	1985
15.	14.90m (48' 11")	Shane Verstraete	Annawan Dual	2003
16.	14.64m (48' 00 ½")	Bob Bowling	Alleman & Galesburg	1995
17.	14.56m (47' 09 ½")	Jeff Wachtel	Geneseo Northwest Relays	1978
18.	14.55m (47' 09")	Brian Blank	Geneseo Inv.	2002
19.	14.36m (47' 01 ½")	Billy Blaser	Galesburg ABC Inv.	2018
20.	14.19m (46' 07")	Brad Stohl	North Scott Inv.	1983
21.	14.05m (46' 01 ½")	Curt Jensen	Knox College Indoor Inv.	2008
22.	14.05m (46' 01 ½")	Jeremiah Shoemaker	Kewanee & Princeton	1993
23.	13.99m (45' 11")	Zach Humphrey	Sterling Dual	2016
24.	13.89m (45' 07")	Andy Porter	Geneseo Inv.	1991
25.	13.81m (45' 04")	Cole Howard	Quad City Indoor Inv.	2017

SHOT PUT

ALL-TIME TOP 25 JUNIOR PERFORMANCES

1.	16.99m (55' 09")	Joe Huffman	Galesburg Dual	2011
2.	16.33m (53' 07")	Joe Paradiso	NCIC Conference	2005
3.	16.33m (53' 07")	Joe Paradiso	Geneseo Inv.	2005
4.	16.29m (53' 05 ½")	Jeff Bowling	Geneseo Inv.	1999
5.	16.28m (53' 05")	Sam Thomas	Geneseo ABC Inv.	2016
6.	16.17m (53' 01")	Joe Huffman	Sterling 1 st Chance Inv.	2011
7.	16.15m (53' 00")	Jeff Bowling	Sectional	1999
8.	16.09m (52' 09 ½")	Joe Huffman	Sectional	2011
9.	16.07m (52' 09")	Joe Huffman	Galesburg Dual.	2011
10.	16.00m (52' 06")	Sam Thomas	Geneseo ABC Inv.	2016
11.	16.00m (52' 06")	Jeff Bowling	Pekin Inv.	1999
12.	15.98m (52' 05 ½")	Wayne Strader	Sectional	1976
13.	15.98m (52' 05 ½")	Wayne Strader	NCIC Conference	1976
14.	15.97m (52' 05")	Jeff Bowling	Geneseo Inv.	1999
15.	15.96m (52' 04 ¼")	Joe Huffman	State (Prelim)	2011
16.	15.95m (52' 04")	Joe Huffman	Sectional	2011
17.	15.92m (52' 03")	Joe Huffman	Illinois Top Times Inv.	2011
18.	15.92m (52' 03")	Joe Paradiso	NCIC Conference	2005
19.	15.92m (52' 03")	Jeff Bowling	Geneseo Inv.	1999
20.	15.90m (52' 02")	Joe Huffman	NIB-12 Conf. Indoor Inv.	2011
21.	15.86m (52' 00 ½")	Sam Thomas	Sectional	2016
22.	15.85m (52' 00 ¼")	Joe Huffman	State (Prelim)	2011
23.	15.83m (51' 11 ½")	Joe Huffman	UTHS Inv.	2011
24.	15.79m (51' 10")	Chris Brooks	Sectional	2006
25.	15.79m (51' 10")	Jeff Bowling	Pekin Inv.	1999

SHOT PUT

ALL-TIME TOP 25 SOPHOMORES INDIVIDUALS

1.	15.60m (51' 02 ½")	Wayne Strader	NCIC Conference	1975
2.	15.24m (50' 00")	Mike Stohl	Henry County Inv.	1978
3.	15.17m (49' 09 ½")	Joe Huffman	Sectional	2010
4.	14.63m (48' 00")	A.J. Marmion	Geneseo F/S Inv.	2012
5.	14.56m (47' 09 ½")	Mike Poppen	Sectional	1993
6.	14.54m (47' 08 ½")	Sam Thomas	Pekin Inv.	2015
7.	14.49m (47' 06 ½")	Chris Brooks	UTHS Inv.	2005
8.	14.48m (47' 06 ¼")	Curt Jensen	Sterling Inv.	2007
9.	14.45m (47' 05")	Jeff Bowling	Geneseo F/S Inv.	1998
10.	14.39m (47' 02 ½")	Kaden Salisbury	Sectional	2022
11.	14.37m (47' 01 ¾")	Luke Johnsen	Alleman & Sterling	2022
12.	14.19m (47' 07")	Joe Paradiso	Freeport, Harlem, Sterling	2004
13.	14.19m (47' 07")	Shane Verstraete	Geneseo Inv.	2002
14.	14.04m (46' 01")	Dave Dow	NCIC Conference	1987
15.	13.99m (45' 11")	Billy Blaser	Moline F/S Inv.	2017
16.	13.70m (44' 11 ½")	Scott Rice	NCIC Conference	1978
17.	13.53m (44' 05")	Brian Blank	Geneseo Inv.	2001
18.	13.53m (44' 05")	Charlie Shoemaker	NCIC Conference	1963
19.	13.48m (44' 03")	Jake Verstraete	UTHS Inv.	1998
20.	13.48m (44' 03")	Corbin Shipp	Geneseo F/S Inv.	1995
21.	13.42m (44' 00 ½")	Kelly Scott	NCIC Conference	1982
22.	13.39m (43' 11 ½")	Brad Stohl	NCIC Conference	1982
23.	13.34m (43' 09 ¼")	Nick Verbeck	UTHS ABC Inv.	2012
24.	13.25m (43' 05 ¾")	Ken Talbot	Alleman & Streator	1986
25.	13.24m (43' 05 ½")	? Rogers	Hall & Monmouth	1976

SHOT PUT

ALL-TIME TOP 25 SOPHOMORE PERFORMANCES

1.	15.60m (51' 02 ½")	Wayne Strader	NCIC Conference	1975
2.	15.55m (51' 00 ½")	Wayne Strader	Henry County Inv.	1975
3.	15.24m (50' 00")	Mike Stohl	Henry County Inv.	1978
4.	15.17m (49' 09 ½")	Joe Huffman	Sectional	2010
5.	15.11m (49' 07")	Joe Huffman	Sectional	2010
6.	14.87m (48' 09 ½")	Joe Huffman	NCIC Conference (F/S)	2010
7.	14.85m (48' 09")	Joe Huffman	Sectional	2010
8.	14.75m (48' 05")	Joe Huffman	NCIC Conference (F/S)	2010
9.	14.66m (48' 01 ½")	Mike Stohl	Geneseo Leaf Classic	1978
10.	14.63m (48' 00")	A.J. Marmion	Geneseo F/S Inv.	2012

11.	14.56m (47' 09 ½")	Mike Poppen	Sectional	1993
12.	14.55m (47' 09")	Joe Huffman	Sectional	2010
13.	14.54m (47' 08 ½")	Sam Thomas	Pekin Inv.	2015
14.	14.50m (47' 07")	Joe Huffman	Sectional	2010
15.	14.50m (47' 07")	Mike Poppen	NCIC Conference	1993
16.	14.49m (47' 06 ½")	Chris Brooks	NCIC Conference	2005
17.	14.48m (47' 06 ¼")	Curt Jensen	Sterling Inv.	2007
18.	14.48m (47' 06 ¼")	Mike Poppen	NCIC Conference	1993
19.	14.47m (47' 06")	Joe Huffman	Sterling Gold Medal Inv.	2010
20.	14.45m (47' 05")	Joe Huffman	Geneseo Inv.	2010
21.	14.45m (47' 05")	Chris Brooks	UTHS Inv.	2005
22.	14.45m (47' 05")	Jeff Bowling	Geneseo F/S Inv.	1998
23.	14.43m (47' 04 ½")	A.J. Marmion	Geneseo ABC Inv.	2012
24.	14.42m (47' 04")	Sam Thomas	Sectional	2015
25.	14.40m (47' 03")	A.J. Marmion	Sectional	2012

SHOT PUT

ALL-TIME TOP 25 FRESHMEN INDIVIDUALS

1.	14.83m (48' 07 ½")	Wayne Strader	Mendota Inv.	1974
2.	13.74m (45' 01")	Bob Bowling	Moline ABC Inv.	1993
3.	13.65m (44' 09 ¾")	Chris Stahl	Rock Island 09 Inv.	1977
4.	13.61m (44' 08")	Cole Howard	Geneseo F/S Inv.	2015
5.	13.58m (44' 07")	Jeff Bowling	Geneseo F/S Inv.	1997
6.	13.43m (44' 00 ¾")	Mike Stohl	Princeton Dual	1977
7.	13.37m (43' 10 ½")	Mike Poppen	NCIC Conference	1992
8.	13.08m (42' 11")	Joe Huffman	NCIC Conference (F/S)	2009
9.	12.97m (42' 07")	Brian Blank	Geneseo F/S Inv.	2000
10.	12.95m (42' 06")	Chris Brooks	Orion, Riverdale, Sherrard	2004
11.	12.82m (42' 01")	A.J. Marmion	NIB-12 Conference (F/S)	2011
12.	12.75m (41' 10")	Jason Rice	Morrison Dual	1985
13.	12.54m (41' 02")	Shane Verstraete	Dixon F/S Inv.	2001
14.	12.47m (40' 11")	Jake Verstraete	Sterling 09 Inv.	1997
15.	12.35m (40' 06 ¼")	Curt Jensen	NCIC Conference	2006
16.	12.31m (40' 05")	Chris Ford	NCIC Conference	1976
17.	12.25m (40' 02 ½")	Kaden Salisbury	Sectional	2021
18.	12.22m (40' 01 ¼")	Luke Johnsen	Sterling Tri.	2021
19.	12.16m (39' 11")	Billy Blaser	Rock Island J/V Inv.	2016
20.	12.01m (39' 05")	Ken Talbot	Bettendorf 09 Inv.	1985
21.	11.84m (38' 10 ½")	Joe Paradiso	Geneseo F/S Inv.	2003
22.	11.81m (38' 09")	Jon Grunwald	Alleman & Streator	1984
23.	11.67m (38' 03 ¾")	Dave Dow	Rock Falls 09 Inv.	1986
24.	11.48m (37' 08")	Adam Possin	Sterling 09 Inv.	1999
25.	11.43m (37' 06")	Zach Humphrey	UTHS J/V Inv.	2014

SHOT PUT

ALL-TIME TOP 25 FRESHMEN PERFORMANCES

1.	14.83m (48' 07 ½")	Wayne Strader	Mendota Inv.	1974
2.	14.51m (47' 07 ½")	Wayne Strader	Kewanee Dual	1974
3.	14.32m (47' 00")	Wayne Strader	Sterling Dual	1974
4.	14.22m (46' 08")	Wayne Strader	Rock Island 09 Inv.	1974
5.	13.74m (45' 01")	Bob Bowling	Moline ABC Inv.	1993
6.	13.74m (45' 01 ¼")	Wayne Strader	NCIC Conference	1974
7.	13.65m (44' 09 ¾")	Chris Stahl	Rock Island 09 Inv.	1977
8.	13.61m (44' 08")	Cole Howard	Geneseo F/S Inv.	2015
9.	13.58m (44' 07")	Jeff Bowling	Geneseo F/S Inv.	1997
10.	13.52m (44' 04 ½")	Jeff Bowling	Geneseo F/S Inv.	1997
11.	13.43m (44' 01")	Bob Bowling	Geneseo F/S Inv.	1993
12.	13.43m (44' 00 ¾")	Mike Stohl	Princeton Dual	1977
13.	13.37m (43' 10 ½")	Mike Poppen	NCIC Conference	1992
14.	13.33m (43' 09")	Bob Bowling	Dixon F/S Inv.	1993
15.	13.32m (43' 08 ½")	Cole Howard	Pekin Inv.	2015
16.	13.25m (43' 06")	Cole Howard	Geneseo ABC Inv.	2015
17.	13.19m (43' 03 ½")	Mike Poppen	Dixon F/S Inv.	1992
18.	13.16m (43' 02 ¼")	Jeff Bowling	Sectional	1997
19.	13.15m (43' 02")	Cole Howard	Moline F/S Inv.	2015
20.	13.08m (42' 11")	Joe Huffman	NCIC Conference (F/S)	2009
21.	13.07m (42' 10 ¾")	Bob Bowling	NCIC Conference	1993
22.	13.05m (42' 10")	Cole Howard	UTHS J/V Inv.	2015
23.	13.05m (42' 10")	Bob Bowling	Sterling Inv.	1993
24.	13.01m (42' 08 ¼")	Mike Poppen	Moline Dual	1992
25.	12.97m (42' 07")	Brian Blank	Geneseo F/S Inv.	2000