



# Ankeny High School

## Track and Field & Cross Country

### State Champions

#### Long Jump

2005	Aaron Jarosh	22-07.5
1998	Adam Benge	22-01
1969	Ted Leverenz	22-05.25

#### High Jump

1957	Lonnie Lambertie	5-08
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#### Pole Vault

1966	Terry Cory	13-00
1965	Terry Cory	12-06

#### 100 Meter Dash

2003	Andy Brodell	10.73
1986	Kevin Little	10.90

#### 200 Meter Dash

2004	Andy Brodell	21.62
2003	Andy Brodell	21.58
1986	Kevin Little	21.50
1985	Kevin Little	22.30

#### 400 Meter Dash

2002	Josh Leonard	48.3
1969	Steve Ryan	50.6

#### 800 Yard Run

1970	Lee Schreurs	2:03.1
1969	Lee Schreurs	1:58.0

#### 110 Meter Hurdles

2001	Clete Younger	14.55
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#### 165 Low Hurdles

1970	Jerry Heston	19.6
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**400 Hurdles**

1997	Kyle Bolejack	53.29
1988	Kevin Stewart	53.19
1986	Brad Rohlf	54.04

**4x200**

1972		1:32.1
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**4x400**

2004	Nixon, Sather, Lanning, Brodell	3:21.25
2003	Gardner, Nixon, Lanning, Brodell	3:22.24
2002	Lindaman, Gardner, Rieken, Leonard	3:22.00
1972		3:29.4
1963		3:29.5

**4x800**

2003	Gardner, Nannas, Strand, Huegerich	7:55.88
1996	Good, Sears, Hammersley, Blahavietz	7:52.16

**Distance Medley**

1962		3:42.8
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**Team Mile**

1973	
1970	

**Cross Country**

1962	Curtis LaBond
1963	Curtis LaBond
2017	Tim Sindt
2018	Tim Sindt