

## Great Falls High School Top Track and Field Performances

### 100 yds./100 m.(M.diff.+9)

Gary Minor	1972	9.7
Bob Cerkovnik	1978	9.7
Bill Zins	1968	9.8
Mike Guon	1977	9.8
Aaron Green	2003	10.81
Kerry Porter	1982	10.81

### 220 yds./200 m.(M.diff.-1)

Mike Guon	1977	21.4
Bill Zins	1968	21.6
Dayton Kolstad	1956	21.7
Kerry Porter	1981	21.9
Gary Thorn	1956	21.8

### 440 yds./400 m.(M.diff.-3)

Mike Guon	1977	47.9
Gerard Cote	1990	48.31
Bill Zins	1968	48.7
Larry Minor	1872	48.6
Kery Porter	1982	48.6

### 880 yds./800 m. (M.diff.-7)

Todd Barbour	1989	1 54.71
Matt Handwerk	2002	1 56.1
Branch Brady	1965	1 56.3
Joel Witte	1986	1 56.44
Ben Vaughn	2011	1 56.75

### Mile / 1600 m. (M.diff.-1.6)

Derek Stordahl	1986	4 14.94
Branch Brady	1965	4 17.3
Dave Phelps	1980	4 19.1
Kelly Tuck	1978	4 21.8
Ben Vaughn	2011	4 24.04

### 2 Mile/3200 m. (M. diff.-3.4)

Branch Brady	1965	9 10.2
Derek Stordahl	1986	9.23.34
Zack Strong	2001	9 25
Jason Emmons	1981	9 27..3
Dave Phelps	1978	9 32.6

### High Hurdle

Scott Ferda	1976	13.9
Gary Minor	1972	14.2
Jim Wilkinson	1981	14.3
Larry Minor	1972	14.4
Bob Tobin	1977	14.4

### Intermediate Hurdles (300 m.)

Jason Kiser	1995	37.92
Harold LaRocque	1983	38.9
Jim Wilkinson	1981	39.3
Jamison Hermanson	2016	39.45
Ken Demmons	1987	39.72

### Low Hurdles (180 yds.)

Gary Minor	1972	19.3
Larry Minor	1972	19.5
Bill Nebel	1968	19.5 *
Bob Tobin	1977	19.6
Dale Jackson	1962	19.6 *

\* Straightaway

### Shot Put

Dennis Black	1991	70-07
Dick Lyman	1973	57-04 1/4
Ron Miller	1980	56-00
Rick Lester	1971	55.03
Loran Perry	1947	54-10 3/4

### Discus

Dennis Black	1991	205-10
Britt Siddoway	2004	181-4
Ron Ranieri	1977	171-10
Jim Roban	1953	165-07
Dusty Birkenbuel	1970	165-05
Darby Reardon	2008	165-05

### Javelin

Wayne Heuring	1977	207-00
Bob Miller	1960	203-06
Ken Smith	1976	201-10
Ron Torchia	1978	201-08
Chris McFaul	1977	200-04

### Pole Vault

Bill Halverson	1976	15-09
Brian Plunkett	1988	15-06
Keaton Brady	2015	15-02
John Dixon	1979	14-08 3/4
Ryan Stevenson	1987	14-06

### Long Jump

Mark Reed	1983	23-02
Joe Valacich	1977	23-01 1/4
Bill Fairhurst	1964	22-10
Doug Shew	1971	22-09 1/4
Rich Charlson	1970	22-08

### High Jump

Mark Reed	1983	7 02
Bob Before	1979	6 08 1/2
Steve Morgan	1975	6 08 1/4
Joe Valacich	1977	6 07
Jeff Nelson	1974	6 06
Cory Wilmore	2001	6 06

### Triple Jump

Gary Minor	1972	48-08 1/4
Mark Reed	1983	47-01 1/2
Tim Walker	1971	46-07 1/2
Rich Charlson	1970	46-03 1/4
Joe Valacich	1977	46-01 1/2

### New Javelin

	170+	
Kody Swartz	2006	191' 05
Lee Perkins	2010	186'06
Dan VanSwearingen	2004	177-8
Cody Dobson	2007	170' 0

revised 05-31-2016