

Iowa Prep Track & Field Timeline & Overview

(Revised June 10, 2011)

State Track Meet Timeline

- 1890's High schools hosts various invitational meets University of Iowa hosts annual invitational meet for Iowa high schools and expanded to high schools in the Midwest
- 1906 I.H.S.A.A. holds first ever State Championship Meet in Iowa City; the meet which was an "open" competition. Ida Grove won the team title with 46 points. Scoring was 5-3-1 for individual competitions and the two relay events (880 and mile); no restriction on the number of events an individual could have
- 1910 Last year for Hammer Throw. Scoring changes to 5-3-2-1 in all events.
- 1912 Competitors limited to three events with two being either running or field events
- 1924 Number of events an individual could compete in raised to four with no more than three running events
- 1926 District meets used to determine State Meet qualifiers in each event.
- 1926 Javelin added to list of field events
- 1928 Scoring in all events expands to five places: 5-4-3-2-1
- 1934 120 Yard High Hurdles reduced from 42 inches to 39 inches in height
- 1935 200 Yard Low Hurdles replaces 220 Yard Low Hurdles; 440 yard relay, Mile Medley, and Two Mile Relays added. Scoring expands to 6-4-3-2-1 for individual events and 8-6-4-2-1 in relays
- 1939 Weight of the Discus reduced from 4 lbs. 7 oz. to 3 lbs. 9 oz.
- 1941 Last year for the javelin throw
- 1942 Football Throw added to list of field events
- 1948 State Meet split into two classes
- 1951 180 Yard Low Hurdles replace 200 Yard Low Hurdles
- 1953 State Meet moved to four classes
- 1963 Last year for the football throw
- 1968 Two Mile Run added to list of events
- 1971 Six places earn points: Individual – 6-5-4-3-2-1; Relays – 10-8-6-4-2-1
- 1973 State Meet moves from one-day event, with the addition of a Friday afternoon session.
- 1977 Scoring for individual events changes to 7-5-4-3-2-1; relays stay at 10-8-6-4-2-1
- 1978 Running events changed from yards to meters
- 1979 400 meter low hurdles added to the list of events
- 1983 Class 4-A drops district qualifying and uses regular season performances for state meet qualifying
- 1989 Last year for the pole vault
- 1990 Classes 2A and 3A drop district qualifying and use regular season performances for state meet qualifying
- 1990 Wheelchair events added to the State Meet (100, 200, 800 meters, shot put and discus)
- 2003 Iowa has first in the nation status as Wheelchair Team Champion is contested with Marshalltown winning; 800 meter wheelchair dropped and 400 meter added. First time State Meet scores eight places in all events: Individual Events – 8-7-6-5-4-3-2-1; Relays – 10-8-6-5-4-3-2-1
- 2004 All 4 classes return to district meets for state meet qualifying
- 2005 First Co-ed State Track & Field Meet, May 19-21. Scoring in all events (8 places): 10-8-6-5-4-3-2-1 event eligibility rule changed to allow an athlete to compete in four running events or four field events or any combination of the two equally four
- 2007 4 x 110 Meter Shuttle Hurdle Relay is added to the list of state events
- 2008 Height of Hurdles in Shuttle Hurdle Relay moved from 30" to 33" effective in 2009

It was Saturday, May 19, 1906 when slightly more than 200 boys from 36 schools assembled at Iowa Field in Iowa City for the inaugural State Track Championships conducted by the Iowa High School Athletic Association. Thus the first ever state sports high school championship sanctioned by the IHSAA was born.

A sparse crowd of parents, spectators and only a handful of media watched as Ida Grove indelibly etched its name into the archives by winning the meet. The state high school track and field meet is now a major spectator event, attracting large crowds at Drake University, and is usually covered by nearly 370 of the state's media representing newspapers, TV, and radio. Moreover, approximately 34-35,000 fans congregate in Drake Stadium to watch the event. According to several track and field authorities that attendance figure makes the State Meet the third largest track meet in the nation, ranking only behind the Penn Relays and the Drake Relays.

Prior to 1906 and starting in the early 1890s, some Iowa high schools held invitational meets and also competed in some college meets where many prep events were contested. In this era, the State

University of Iowa held an "open state meet" starting in 1890 and gradually expanded it to include surrounding states. The University continued the meet for several years after the IHSAA formally established its state competition.

Interest in the sport was rekindled in the Modern Olympic Games in 1896 and especially after the St. Louis Games of 1904, as well as the nation's emphasis on fitness.

Originally two events used college rules. From 1906 thru 1938 the collegiate discus (4 lbs. 7 oz.) was used and eventually replaced with the high school implement (3 lbs. 9 oz.) Likewise the original 120 yard High Hurdles from 1906 through 1934 were contested at the collegiate height of 42 inches before being lowered to the high school height of 39 inches. For brief periods of time two other collegiate events were contested at the State Meet. From 1906-1910, the hammer throw was incorporated and from 1927-1941 the javelin appeared (see information below).

In 2006, Iowa boys start their second century of competition. After 100 years it is only fitting that we offer the following review and the above timeline to chronicle the sport and the State Meet. It is not intended to be complete but more to give the reader a quick glimpse of how far the sport has come.

Finding the first names of state champions and the names of relay runners who won a state championship has been difficult. Newspapers, the Drake Relays, and the State Meet did not use full name reporting until the late 1930s and early 1940s. Hence, the IHSAA has initiated a call for assistance from schools and local media. As of March 2011 only about 10 champions do not have their full name recorded.

Medals Galore

Nearly 3,000 individual event and relay champions were crowned in the first 100 years. When one figures state place winners the number of medals awarded swells to nearly 20,000.

2011 was the 106th running of the State Championships and it is contested at the finest facility in the state -- Jim Duncan Track at refurbished Drake Stadium in Des Moines. As mentioned earlier it attracts over 2,000 student athletes from 300 plus schools, and is a part of the Co-ed State Meet which has 34-35,000 paid admissions making it the largest high school meet of its kind in the nation.

Changes

The State Meet has incorporated several changes throughout time. It started as a one-day "open competition" and remained as such until 1926 when district meets were used to determine state qualifiers. In the first six state meets there was no restriction on the number of events for an athlete, but a tight time schedule reduced any potential abuses. Starting in 1912, competitors were limited to three events with two being either running or field events. A limit of four events with no more than three running events went into effect in 1924. In 2005, for the first time, all four events could be running or field events. In 2007, the IHSAA formally added its Shuttle Hurdle Relay.

As the lists of events grew and longer races became more vogue, limitations on the total distance athletes were allowed to run were created starting at 1,800 yards and gradually increased until being removed in 1965.

Originally just three places were scored in state meet events. It was increased to four (1910), five (1928), six (1971) and since 2003 eight places have been scored.

In 1973 with the expansion of the number of state meet qualifiers, the championships added a Friday afternoon session. With the creation of the State Co-ed Meet in 2005, portions of three days are now used.

Timing has changed from stop watches being reported in fifths of seconds, to tenths, and now fully automatic times which are used in some high schools and since 1977 at the State Meet. For the first 65 years State Meet sites were held at member high schools or college campuses but since 1973 the State Meet has resided at Drake Stadium, arguably the finest venue in the Midwest.

A big factor in the growth of the sport was classification based on school enrollment. In 1948 the single class championship became two classes before moving to four in 1953.

Events have changed too. The first meets had just two relays – the 880 yard relay and mile relay. In 1935, the 440 yard, two mile, and mile medley relays were added, and in 2007 the shuttle hurdle relay debuted.

In another change the meet went to metric running distances in 1978.

Several field events were patterned after Olympic events and some were eventually retired. No longer is there a hammer throw, which was contested from 1906-1910. The javelin throw was started in 1927 and lasted through the 1941 meet. It was discontinued because of safety, but not before Bruce Erickson of Traer became a three-time state champion and in 1939 he threw 195-08.25, second best in the nation. Also, gone are the football throw, which replaced the javelin in 1942 and was retired in 1963, and the pole vault, also dropped for safety reasons in 1989. Low hurdle distances were run at 220 yards, 200 yards, 180 yards, and in 1977 to 165 meters. A year later the 400 meter low hurdles was added.

In 1990 Iowa was one of the first states to include events for wheelchair athletes and in 2003 the IHSAA gained first in the nation status by having a separate team championship for schools entering wheelchair events. On the whole the State Championships have a rich legacy of competition and performances that have received national acclaim. Iowa prep performers have held national interscholastic records, became NCAA champions and/or represented the United States in the Summer Olympics.

Iowa coaches have worked to encourage multiple-sport athletes to compete in track and field. As a result, the sport has long been the cornerstone of success for other sports. The list of individual champions and state meet competitors contains many outstanding multi-sport athletes and the names of eventual U.S. interscholastic champions, national collegiate champions, world champions, and Olympians.

4 Event Winners – Career Gold Leaders

Perhaps the most difficult accomplishment at the State Meet is to win four individual gold medals and it has been done just six times in the first 100 years of the event. In 2011, Madrid's Nick Efkamp became the sixth winning the long jump, 400 meter hurdles, 110 meter hurdles and the 100 meter dash. Carl Harris of Des Moines West was the first in 1907 winning the 100, 220, 440 and long jump. Vane Snorf, Des Moines Roosevelt (1926), Bob Brandt, Denison (1956), LeRoy McCuen, Corning (1976) and Adam Haluska, Carroll (2002) preceded Efkamp in what is possibly the toughest feat in track and field.

Only 46 athletes have won three individual firsts at the State Meet in the same year including Des Moines North's Clyde Duncan who did the feat three times. Forty-eight athletes have won the same state event three consecutive years.

In his career Des Moines North's Clyde Duncan won a total of 9 individual state meet gold medals, the most ever. In fact, the fabled sprinter never lost a race in the 100, 220 and 440 yard dashes at a time when his high school varsity competition was limited to only three years.

McCuen and Haluska and Iowa City High's fabulous Tim Dwight (1991-94 who also ran on four gold-medal relays) are the only athletes to win eight career individual state meet titles.

IHSAA research is continuing to generate a list of names of relay runners that won state titles so that a more comprehensive list of season and career gold medals can be determined.

A Salute to Some is a Salute to All

In this tribute we can not possibly highlight all the greats, but we will recall those who set national interscholastic records while in high school, had superlative achievements at the state meet, and those who went on to reach national acclaim. Truly to remember some is to embrace all. A list of team and individual event champions by year and Iowa's all-time best performances by event can be found on the IHSAA track website.

A number of performances and performers jump out of the pages of history. The litany of outstanding track and field preps rolls through the sports pages of time, with the ink chronicling enduring performances far too numerous to mention in this piece.

For sheer longevity nationally no Iowa mark ever compared with Des Moines Roosevelt's 8:05.3 effort in the two-mile relay winning the 1938 State Meet. The Riders shaved 24 seconds off their district qualifying time in establishing a new national interscholastic record eclipsing the previous record of 8:09.3 by Deerfield High School of Chicago, IL. Ken Reesman, Bob Cramer, Eugene Hogan and Lowell Baal did the baton duties and the mark stood 15 years until Bellflower, CA ran 7:56.0 in 1953. Roosevelt's prowess in the two mile relay today manifests itself in the strength Iowa City, City High enjoyed in the 1990s and early 2000s. The Little Hawks established Iowa all-time bests in the 4 x 100, 4 x 200 and 4 x 400 meter relays during their title years.

Ames, Davenport Central, Des Moines East and Iowa City, City have 58 of the first 105 team titles, and collectively in that time span have crowned 397 event champions. Ames currently leads the way with 115 champions. The Little Cyclones joined some of the elite relays nationally in 1987 when they ran the nation's best 4 x 800 meter relay in establishing an Iowa all-time best of 7:44.06. In fact in the years from 1987-2009 only 21 other quartets in the nation have run faster!

And seldom does a year slip by without an Iowan in some event performing at a top 15 national level during the State Meet.

The Sprinters

The state's weather often does not lend itself to developing outstanding sprinters, but Iowa has produced several. From 1911-13 Greenfield's Charles Hoyt won three straight 100 and 220 yard dashes in the State Meet en route to seven career gold medals. He ran a nation's best of 9.8 in 1913 -- the same year the American Amateur Athletic Union called him "America's best sprinter." His 9.8 effort was equaled by Bill Carter of Chicago in 1914 and was not bettered until 1932 when Foy Draper of California ran 9.6. Hoyt's best was during his junior year in high school. He passed up the final semester of his senior season, completing graduation requirements and enrolling at Grinnell College where he continued to set records, and won the first ever watch in the Drake Relays when he won the 1916 220 yard dash. World War I interrupted his career but he later returned to complete his studies at Grinnell College and eventually coached track there.

In the 1955 State Meet, Mason City's Bill Woodhouse won the 100 and 220 yard dashes upsetting the state's 220 all-time leader (at that time) Tom Jennings of Marshalltown. Woodhouse went on to Abilene Christian where he was one of a number of runners who clocked a world record of 9.3. He usually led off Abilene Christian's world best 440 and 880 yard relay teams anchored by Bobby Morrow.

But for sheer speed and versatility it is difficult to match Des Moines North's Clyde Duncan, who won 9 straight state titles -- the 100, 220 and 440 each in 1962, 63 and 64. He also took the 100 yard dash at the Drake Relays each of those three years and ran on five victorious Drake Relay quartets during his prep career. In 1964 he ran an Iowa all-time best of 9.3 in the 100 and 21.1 in the 220 around a turn, which converts to 21.0 in meters. All other all-time leaders in the 220 from 1930-64 ran their best performance on a straight-a-way. The greatness of his 9.3 can be seen in a picture of the 1964 Drake Relays finals where he won seemingly by 8-9 yards.

Duncan went on to a sterling collegiate career at Texas Southern, where he was a member of two world-record setting relays. He continues his affiliation with Iowa and the Drake Relays as a coach at his collegiate alma mater. One of his more famous athletes who he recruited as an assistant coach at the University of Houston was NCAA and Olympic long jump and sprint champion Carl Lewis.

Prior to Duncan, Clinton's Carl Nelson blazed his name into the listings of the nation's best. He ran a 9.5 100 in 1933 to tie California's Frank Wykoff, a 1928 fourth place Olympian as a high schooler. The two would have shared the nation's best but the same year Jesse Owens of Ohio blazed a 9.4. Nonetheless, Nelson and Wykoff kept their second place national standing until 1941 when Bob Kelsey of Massachusetts joined them. Owens, Nelson, Wykoff and Kelsey kept the top spots from 1933 to 1954, when Jim Jackson of Alameda, CA clocked a 9.4. Wykoff, who was born in Des Moines and lived in Norwalk until 1924, won gold medals in the 1932, 36 and 1940 Olympics.

The legendary Des Moines North Flying Four stunned the track world in 1948 when they set national marks in the 440 and 880 yard relays in the State Meet at Ames. The foursome of George Nichols, Connie Jones, Gary Scott and Reggie Kaiser flashed to a 1:27.6 performance in the 880 yard relay breaking a 17-year national record by six-tenths of a second. The mark was tied five years later but not broken until Los Angeles Jefferson, CA turned a 1:27.2 in 1955. In the same 1948 meet the North quartet went 42.3 in the 440 yard relay breaking the mark of 42.4 Glendale, CA set in 1928 with Frank Wykoff anchoring. Three weeks later Boys High School of Brooklyn, NY bettered North's time with a 42.0 being anchored by future Olympic champion Peter Remingo. However, North retained the number two listing until 1956.

In 2001, Carroll's Adam Haluska clocked an Iowa all-time best of 10.1 in the 100 meter dash in a meet held at Jefferson High School.

Going the Distance

Iowa has produced a bevy of distance runners bolstered by a proud tradition in cross country.

Leading the impressive litany of performers at 1,600 and 3,200 meters are five performers that dominated their events.

Heading the all-time best list in 1,600 meters is Fort Madison great Ed DeLashmutt, who posted a 1,600 meter time of 4:05.6 in 1976. The time is converted from the traditional mile run (4:07.2). His performance came after Treynor's Jerome Howe registered a 4:07.7 (converted from a 4:09.3 mile clocking) in 1968. The same year Sioux City Central's fabled Doug Smith ran 4:12.6 in the mile, for a converted 4:11.0. Remarkably, those three times have stayed as the best in Iowa. In a sidebar, Smith burst on the scene as a ninth grader in 1965 when he stopped the mile watches in 4:15.5 (4:13.9 converted) for an Iowa all-time best eclipsing the mark set six years earlier.

Two preps from over a quarter of a century ago remain 1-2 on the all-time best list in the 3,200 meters. Jim Eicken of Davenport Central recorded a two-mile time of 8:55.4 in 1975, which converts to 8:52.0. Iowa City's Randy Jackson in the following year ran 9:00.2, converted to a metric time of 8:56.8. The two are the only ones to break the nine minute barrier in the event.

In recent years, Mid-Prairie's Aaron Stockstell ran 400 and 800 meter times that gained national ranking.

Hurdle Greats

In the 110 meter high hurdles, five preps have run under 14.0, where there is no metric conversion for races run at 120 yards. Charles City's Randy Elliott ran a 13.6 in 1977 to lead the charts, while Bill Betterton of Carlisle ran 13.8 in 1992 to rank second. A trio of big school performers Greg Rumple of Urbandale (1974), Marshalltown's Dean Fogarty and Chris Wycoff of Ames (1994) has a 13.9 to their credit. Most recently, Atlantic's Jordan Mullen in the 2009 Drake Relays set an Iowa All-Time Best for fully automatic timing at 14.04 and his 14.09 at the State Meet shattered a 24-year old mark.

Low hurdles races absorbed changes noted earlier but not before well known preps etched their name into history. The 220 yard low hurdles (1906-1934) and at 200 yards (1935-1950) had great performers, like Olympians Morgan Taylor of Sioux City and Cedar Rapids Frank Cuhel in the early 1920s, plus Clinton's Bob Morris had an Iowa best of 22.4 in 1940. From 1951-1977 the race was run at 180 yards and Ames' Dan Wierson posted the state's all-time best in 1972 at 18.8. For one year, 1978, the race was at 165 meters and Jon Hutch of Clarion posted a state best of 20.3.

With the low hurdle race now at 400 meters, Iowa preps continue to make gains. In 1996, Dustin Avey of Ames set a state meet record and an Iowa all-time best of 50.96 over the low hurdle barriers. Charles City's Greg Offerman in 2005 ran 51.35 in the state meet and a month later in a national meet over the intermediate height (36 inch) barriers clocked a 50.61. Since 2010 Linn-Mar's Kyle Dunn has burst on the scene as one of Iowa's and the Midwest's top 400 meter hurdlers.

Iowa track fans' love affair with the hurdles was expanded in the 2007 season with the addition of the Shuttle Hurdle Relay, run over 30" barriers, and starting in 2008 the hurdles were moved to 33 inches.

More Stars Grace Iowa History and Their Roots

So profound has been the Iowa prep track experience that many Iowa prep champions, far too many to recognize here, have gone on to be collegiate champions and Olympians including previously mentioned three-time prep hurdle champion Frank Cuhel of Cedar Rapids (1922-24), hurdler and long jumper Morgan Taylor of Sioux City Central (1920-21) who was an Olympic gold medalist in the 400 meter hurdles in 1924 and a three-time Olympian; Ames' Cliff Cushman, a 1954 state mile champion, who became a silver medalist in the 400 meter hurdles at the 1960 Olympic Games in Rome.

Research continues to find other Iowans, including Lamoni's Jack Parker who in 1933 recorded the second best Iowa prep long jump at 23-2 then went onto the State Meet and led his school to second, by winning the long jump and 120 yd. high hurdles. That set the stage for a bronze medal in the long jump at the 1936 Berlin Olympics, behind none other than gold medalist Jesse Owens

The "quick review" of other former Iowa high school champions who earned national recognition in individual events also includes: 1932 NCAA high hurdle champion and Olympic gold medalist George Saling of Corydon who competed for the University of Iowa; 1928 400 meter silver medalist in the 400 hurdles, Frank Cuhel from Cedar Rapids Washington also from the U of I; 1921 and 1923 NCAA 220 champion for Iowa Eric Wilson of Iowa City High; 1922 Deak Wolters from Dubuque who won the 1922 NCAA 440 for Iowa State; 1927 NCAA mile champion and Olympian Ray Conger of Riceville who competed for Iowa State; Linn Philson of Harlan won the 1935 NCAA high jump while competing for

Drake; 1943 javelin champion George Gast of Osage, another Iowa State athlete; Brian Tietjens of North Central, Manly, the first Iowa prep to clear 7-0 in the high jump (7-03.50 all time best) and went on to be a 1985 NCAA champion for Iowa State; and Scott Crowell of Mason City who set an national interscholastic record in the discus with a throw of 207-8 in 1978 before winning the 1981 NCAA discus title for Iowa State.

Three Iowa preps have long jumps of over the magical 24 foot mark, led by Davenport Central's Chris Walker who soared 24-05 in 1984 in Iowa and later 24-09.5 in the Golden West Invitational in Sacramento, CA. Early in 2011 Davenport Central's Kenny Gilmore leaped 24-05. Iowa City's Hakim Hill in 2000 posted a best of 24-04. The two performances erased a previous all-time best of 24-03 by Iowa Valley, Marengo's Matt Zuber who leaped 24-03 in the 1985 state meet.

Two Iowa athletes who excelled in the shot put were also spectacular. Doug Lane of Cedar Rapids Jefferson was an outstanding prep in the shot and the discus winning a total of five high school titles and adding five more at the Drake Relays. His high school best in 1968 was 70-11, making him the third prep ever in America to break the 70' barrier. He was the 1972 NCAA shot put champion while competing for the University of Southern California. Preston's Al Feuerbach spring boarded his 1966 state shot put championship into a stunning career as a four time U.S. champion and three time Olympian, missing the gold medal by only six and half inches in 1972. He was the world record holder (1973) in the event following a career at Emporia State University. Scott Crowell of Mason City rocked the national discus world in 1978 with a throw of 207-8 for a new national mark, which stood until 1985. At Iowa State University he was an All-American and a 1981 NCAA Division I champion. He was the first ever national champion in the discus to become an NCAA Division I national champion.

Others state champions not to be overlooked include 1970 NCAA decathlon champion and Pan-American Games gold medalist Rick Wanamaker of Iowa Valley, Marengo whom competed for Drake University; Ankeny's Kevin Little who went on to national and world acclaim at Drake in the 200 meters from 1989-2001; Sioux City East half miler Bob Prince who was an NCAA champion in 1976 for Kansas State; Treynor's Jerome Howe (mentioned above) took a brilliant high school career of championships in the 880 and mile to Kansas State, where he became a 1972 Olympian; Knoxville's Randy Wilson was a high school hurdle champion and went to Oklahoma and switched to the 800 meters and was scheduled to compete in the 1980 Olympic games that was ultimately boycott by the United States. Iowa City, City High's Joey Woody went to University of Northern Iowa and specialized in the 400 hurdles becoming an All-American and eventually placing in several world championships.

The list of Iowans who combined state championships with NCAA titles expands when you look at Division III. Panora's Kip Janvrin, another Simpson College star, won three NCAA decathlon titles and added a pole vault and 400 hurdles before making the American Olympic squad in 2000. Central's Peter Wagner from Southeast Polk, was the NCAA Division III decathlon champion in 2001 and 2003. In NCAA Division III Championships, West Bend's Craig Cantrall took the 1994 high jump for Central College; the Dutch's Zech Schiebout from Pella Christian won the 1997 discus, and Dysart's Brent Hennessy competing for Simpson College was the 1981 national champion in the discus.

Even the discontinued events, some dropped for safety reasons, produced impressive performances. Besides Bruce Erickson's javelin throw in 1939 noted earlier, Bettendorf's Preston Schmidt's 1983 vault of 16-06.5 indoors had national ranking and leads a group of eight athletes to go 15-0 or higher. The Football Throw, as archaic as it sounds to some, was hugely popular from 1942-63. All told, ten athletes registered throws of 80 yards or more in the event with Audubon's Gary Eggers uncorking a 1963 leading toss of 266-05 (over 88 yards).

And the modern era of high school performers always brings new stars to Des Moines for the Drake Relays and the State Meets. Their performances are well chronicled in our Stat Book, All-Time Best Lists, and by an eager media at the time of the achievement.

Further, the honor roll of Iowans who became NCAA champions and All-Americans would swell if members of relay teams were included.

The Drake Experience

Finally, no review of Iowa high school track and field would be complete without mentioning the Drake Relays. Predominately a collegiate event known as America's Athletic Classic, a long history of high school competition is integrated into the two and half day carnival.

Since 1911 Iowa boys have competed in select high school events which have been expanded over the years. Outside of the State Championships, which have been held on Drake's outstanding facility continually since 1973, no single track meet provides a showcase for so many preps and places them on a national platform. The Drake Experience is special to athletes and coaches. And true to their Iowa roots, the prep performers have always rewarded the fans with excellence, excitement and memories, as well as giving them a preview of the State Championships, three weeks later.

Drake's enthusiastic fans urged by the legendary announcing of Jim Duncan and in recent years Tom Kroeschell and Mike Jay have provided the stage of thrilling performances. The expected standard of excellence inspires new individuals to etch their names on the list of champions and legendary performances, as the sport proudly boasts a tradition of "being the best you can be when your best is needed."

Wheelchair Competition

In the two decades of wheelchair events, Johnston's E.J. Runyan was terrific in winning a total of 16 firsts in four years, 1997-2000. Wheelchair events in 100, 200, and 800 meters, plus the shot put and discus started in 1990. Iowa was one of the first states to incorporate the events into the traditional State Meet format. In 2003 the 800 meters was dropped and the 400 meters was added and the state was first in the nation to crown a Wheelchair Team Champion, which became a co-ed award in 2005.

Other Related State Events

The IHSAA has held a State Cross Country Meet since 1930, with the University of Iowa sponsoring an "invitational state meet" from 1922 through 1929. A summary of the state championships is recorded in the State Cross Country Stat Book, which is updated each summer and can be viewed and downloaded from the cross country page of the Association's web site www.iahsaa.org

In addition, the IHSAA from 1922 through 1972 held a State Indoor Track Meet in late February or early March, and a State Mile Team Race in the early fall approximately a month prior to the cross country championships from 1930-1972. We are endeavoring to research and archive the team and event champions in those two competitions.

Track Stat Book & All-Time Best Lists

The IHSAA State Track Stat Book is updated each winter and has a thorough history of the meet including all the event champions; team champions and runner-up, plus coaches of the championship teams. Until 2003 only the results of state meets going back to 1930 were included. The results now included all IHSAA State Meets from the very first in 1906 to the present. Within the list are the names of event champions except for only a few we continue to research. The Stat Book can be viewed and downloaded from the track page of the IHSAA web site. Also on the track & field webpage are other interesting articles about Iowa high school track including an All-Time Best List of performances in each event including those that have been discontinued.