

The Fastest Miles In High School-Only Competition

compiled by Jack Shepard, Track & Field News Magazine

How many sub-4:00 minute milers do you think there have been in U.S. high school history? By normal counting, the number is still just 4: prep legends Jim Ryun, Tim Danielson, Marty Liquori & Alan Webb, who combined to do it 9 times. But only one of those marks didn't come with the help of older competition.

If you want to talk about high schoolers competing against high schoolers, the feat has still been turned only once, by Ryun. The all-time list of prep-only milers through the 2009 season:

- 1) 3:58.3..... Jim Ryun (East, Wichita, Kansas)..... State..... 5/15/65
- 2) 4:01.69+.... German Fernandez (Riverbank, California)..... State..... 5/31/08
- 3) 4:01.81..... Alan Webb (South Lakes, Reston, Virginia)..... Arcadia..... 4/14/01
- 4) 4:02.01..... Sharif Karie (West, Springfield, Virginia)..... National Scholastic.. 6/14/97
- 5) 4:02.0..... Ryun..... Invitational..... 4/23/65
- 6) 4:02.4..... Richard Kimball (DLS, Concord, California)..... Section..... 5/25/74
- 7) 4:02.6..... Kimball..... San José Inv..... 5/04/74
- 8) 4:02.90..... Mac Fleet (University City, San Diego, California)... Portland Festival... 6/13/09
- 9) 4:02.99+.... Steve Magness (Klein Oak, Houston, Texas)..... District.....4/11/03
- 10) 4:03.27..... Gabe Jennings (East, Madison, Wisconsin)..... National Scholastic.. 6/14/97
- 11) 4:03.33..... Webb..... Invitational..... 5/20/00
- 12) **4:03.33.... Sam Borchers (Yellow Springs, Ohio).....Nike Outdoor Nationals (NON) 6/16/07**
- 13) 4:03.49..... Robby Andrews (Manalapan, New Jersey)..... Portland Festival... 6/13/09
- 14) 4:03.85..... John Zishka (Lancaster, Ohio) Golden West..... 6/14/80
- 15) 4:03.87..... Sam Vazquez (Flagler-Palm Coast, Bunnell, Fla)... AOC..... 6/14/03
- 16) 4:04.03+.... Ryan Hall (Big Bear City, California)..... State..... 6/02/01
- 17) 4:04.25..... Jason Pyrah (Willard, Missouri)..... Golden West..... 6/13/87
- 18) 4:04.2..... *Curtis Beck (Santa Monica, California) Vons Classic..... 6/09/72
- 19) 4:04.32..... Donald Sage (York, Elmhurst, Illinois)..... Golden West..... 6/10/00
- 20) 4:04.64+.... Paul Vandegrift (Kennedy, Conshohocken, Pa)... State..... 5/23/87
- 21) 4:04.78..... Brendon Mahoney (Marist, Atlanta, Georgia)..... National HS..... 6/12/99
- 22) 4:04.83..... Jeff See (Middletown, Ohio)..... NON..... 6/18/05
- 23) 4:04.98..... Ben Hubers (McEachern, Powder Springs, Ga)... NON..... 6/16/07
- 24) 4:05.14..... Victor Gras (Belmont, Massachusetts)..... State..... 6/05/04
- 25) 4:05.19+.... *Erik Stanley (Klein, Texas)..... District.....4/11/03
- 26) 4:05.1..... Garry Bjorklund (Proctor, Minnesota)..... State..... 6/07/69
- 27) 4:05.24..... Ken Lowrey (Wissahickon, Ambler, Pennsylvania).. Golden West..... 6/12/82
- 28) 4:05.25..... Rob Finnerty (Burnsville, Minnesota)..... NON..... 6/21/08