

# The Fastest Miles In High School-Only Competition

compiled by Jack Shepard

*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 have 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:*

3:58.3	.....	Jim Ryun (East, Wichita, Kansas)	.....	State	.....	5/15/65
4:01.69+	...	German Fernandez (Riverbank, California)	.....	State	.....	5/31/08
4:01.81	.....	Alan Webb (South Lakes, Reston, Virginia)	.....	Arcadia	.....	4/14/01
4:02.01	.....	Sharif Karie (West, Springfield, Virginia)	.....	National Scholastic	.....	6/14/97
4:02.0	.....	.....Ryun	.....	Invitational	.....	4/23/65
4:02.4	.....	Richard Kimball (DLS, Concord, California)	.....	Section	.....	5/25/74
4:02.6	.....	.....Kimball	.....	San José Inv	.....	5/04/74
4:02.99+	...	Steve Magness (Klein Oak, Houston, Texas)	.....	District	.....	4/11/03
4:03.27	.....	Gabe Jennings (East, Madison, Wisconsin)	.....	National Scholastic	.....	6/14/97
4:03.33	.....	.....Webb	.....	Invitational	.....	5/20/00
	.....	Sam Borchers (Yellow Springs, Ohio)	.....	NON	.....	6/16/07
4:03.85	.....	John Zishka (Lancaster, Ohio)	.....	Golden West	.....	6/14/80
4:03.87	.....	Sam Vazquez (Flagler-Palm Coast, Bunnell, Fla)	.....	AOC	.....	6/14/03
4:04.03+	...	Ryan Hall (Big Bear City, California)	.....	State	.....	6/02/01
4:04.25	.....	Jason Pyrah (Willard, Missouri)	.....	Golden West	.....	6/13/87
4:04.2	.....	*Curtis Beck (Santa Monica, California)	.....	Vons Classic	.....	6/09/72
		** 16 performances by 13 performers **				
4:04.32	.....	Donald Sage (York, Elmhurst, Illinois)	.....	Golden West	.....	6/10/00
4:04.64+	...	Paul Vandegrift (Kennedy, Conshohocken, Pa)	.....	State	.....	5/23/87
4:04.78	.....	Brendon Mahoney (Marist, Atlanta, Georgia)	.....	National HS	.....	6/12/99
4:04.83	.....	Jeff See (Middletown, Ohio)	.....	NON	.....	6/18/05
4:04.98	.....	Ben Hubers (McEachern, Powder Springs, Ga)	.....	NON	.....	6/16/07
4:05.14	.....	Victor Gras (Belmont, Massachusetts)	.....	State	.....	6/05/04
4:05.19+	...	*Erik Stanley (Klein, Texas)	.....	District	.....	4/11/03
4:05.1	.....	Garry Bjorklund (Proctor, Minnesota)	.....	State	.....	6/07/69
4:05.24	.....	Ken Lowrey (Wissahickon, Ambler, Pennsylvania)	.....	Golden West	.....	6/12/82
4:05.25	.....	Rob Finnerty (Burnsville, Minnesota)	.....	NON	.....	6/21/08
4:05.30	.....	Chris Solinsky (Stevens Point, Wisconsin)	.....	AOC	.....	6/14/03
4:05.3	.....	John Robinson (Dobie, Pasadena, Texas)	.....	District	.....	4/17/80

+ = 1600-meter time multiplied by 1.0058 (converted 1500s are not considered here);

\* = junior; AOC = adidas Outdoor Classic; NON = Nike Outdoor Nationals