

THE U.S. SUB-4:00 CLUB: A CHRONOLOGICAL LISTING OF U.S. MILERS WHO HAVE BROKEN THE BIG BARRIER

(as of May 24, 2010)

The mark listed for each athlete is how fast he ran in his first-ever sub-4:00 mile. The list is for actual mile races, not any conversions from the 1500 (where a 3:42.22 is equivalent to 3:59.99) or the 1600 (where 3:58.61 is required). Dual citizens are not included unless they represented the U.S. internationally.

2010 is already the year with the most new members, 19, breaking the record of 17 set in '09.

* = athlete never ran any faster in his career (this is more than half the total)

i = mark made indoors.

Amendments are most welcome.

1957

1. Don Bowden (Cal).....3:58.7*(1) Stockton June 01

1960

2. Dyrol Burleson (Oregon).....3:58.6.....(1) Eugene..... April 23

3. Jim Beatty (SCVYV)3:58.0.....(1) ModestoMay 28

1962

4. Jim Grelle (Los Angeles TC).....3:59.9.....(1) Walnut..... April 28

5. Keith Forman (Oregon)3:58.3*(1) ModestoMay 26

6. Cary Weisiger (USMC)3:59.3.....(2) ModestoMay 26

7. Bill Dotson (Kansas).....3:59.0*(4) Walnut..... June 23

8. Bob Seaman (Los Angeles TC)3:58.07*(4) LondonAugust 18

1963

9. Tom O'Hara (Loyola).....3:59.2i.....(2) New York.....February 15

1964

10. Archie San Romani Jr. (Oregon).....3:57.6*(3) Compton..... June 05

11. Morgan Groth (Oregon St).....3:57.9*(4) Compton..... June 05

12. Bob Day (UCLA)3:58.9.....(6) Compton..... June 05

13. Jim Ryun (Kansas HS).....3:59.0.....(8) Compton..... June 05

14. Bob Schul (Miami/Ohio).....3:59.1(1) San Diego..... June 13

1965

15. John Garrison (Los Angeles TC).....3:58.1*(2) ModestoMay 29

1966

16. Roscoe Divine (Oregon).....	3:59.1.....	(2)	Eugene.....	June 02
17. Wade Bell (Oregon).....	3:59.8*.....	(3)	Eugene.....	June 02
18. Tim Danielson (California HS).....	3:59.4*.....	(4)	San Diego.....	June 11
19. Richard Romo (unattached).....	3:58.8*.....	(1)	Woodland Hills.....	August 10
20. Ted Nelson (SoCal Striders).....	3:59.4*.....	(2)	Woodland Hills.....	August 10

1967

21. Dave Patrick (Villanova).....	3:59.3i.....	(1)	New York.....	February 17
22. Dave Wilborn (Oregon).....	3:56.2*.....	(3)	Bakersfield.....	June 23
23. Tom Von Ruden (49er TC).....	3:56.9*.....	(4)	Bakersfield.....	June 23
24. Sam Bair (Kent St).....	3:58.7.....	(5)	Bakersfield.....	June 23
25. Marty Liquori (New Jersey HS).....	3:59.8.....	(6)	Bakersfield.....	June 23

1968

26. Brian Kivlan (Manhattan).....	3:57.4*.....	(2)	Philadelphia.....	June 01
27. Jerry Richey (Pitt).....	3:58.6*.....	(3)	Philadelphia.....	June 01
28. Jack Fath (Fordham).....	3:59.5*.....	(5)	Philadelphia.....	June 01
29. Pat Traynor (USAF).....	3:59.0*.....	(3)	Walnut.....	August 10

1969

30. Chuck LaBenz (Arizona St).....	3:58.4.....	(1)	Berkeley.....	May 31
31. John Lawson (PCC).....	3:59.5.....	(4)	Berkeley.....	May 31

1970

32. Rick Riley (Washington St).....	3:59.2*.....	(1)	Westwood.....	May 16
33. Duncan Macdonald (Stanford).....	3:59.6.....	(3)	Westwood.....	May 16
34. Jim Crawford (unattached).....	3:59.6.....	(1)	Modesto.....	May 23
35. Howell Michael (William & Mary).....	3:59.0.....	(2)	Philadelphia.....	May 30
36. John Mason (Pacific Coast Club).....	3:58.4.....	(2)	Berkeley.....	May 30
37. Steve Prefontaine (Oregon).....	3:57.4.....	(2)	Eugene.....	June 05
38. Steve Savage (Oregon).....	3:59.2*.....	(5)	Eugene.....	June 05
39. Dave Wottle (Bowling Green).....	3:59.0.....	(1)	Bloomington.....	June 06

1971

40. Len Hilton (Houston).....	3:59.1i.....	(2)	Houston.....	February 13
41. Greg Carlberg (Nebraska).....	3:59.6i*.....	(3)	Houston.....	February 13
42. Larry Rose (Oklahoma St).....	3:59.5.....	(1)	Lawrence.....	April 16
43. Lee LaBadie (Illinois).....	3:58.8*.....	(1)	Carbondale.....	May 11
44. Jerome Howe (Kansas St).....	3:59.4.....	(1)	Modesto.....	May 29
45. Bob Wheeler (Duke).....	3:59.9.....	(2)	Seattle.....	June 19
46. John Baker (Sports International).....	3:59.8*.....	(3)	Eugene.....	June 26

1972

47. Mark Winzenried (Club West).....	3:59.5*	(2)	Los Angeles.....	March 04
48. George Young (unattached)	3:59.6*	(3)	Los Angeles.....	March 04
49. Juris Luzins (Quantico Marines).....	3:58.2*	(2)	Modesto	May 27
50. Ken Popejoy (Michigan St).....	3:59.7	(4)	Los Angeles.....	June 9

1973

51. Tony Waldrop (North Carolina)	3:58.4	(1)	Raleigh	April 21
52. Reggie McAfee (North Carolina).....	3:59.3	(2)	Raleigh	April 21
53. Barry Brown (Florida TC).....	3:58.8*	(2)	Gainesville.....	May 13
54. Mark Feig (Oregon).....	3:59.5	(3)	Eugene.....	May 19
55. Tommy Fulton (Texas Southern).....	3:57.8*	(1)	Arkadelphia.....	May 25
56. Charlie McMullen (Missouri)	3:59.7	(1)	East Lansing.....	May 26
57. Rick Wohlhuter (UCTC).....	3:58.8	(1)	Wichita	June 02
58. Dick Buerkle (New York AC).....	3:58.0	(1)	Gainesville.....	June 04
59. Mark Schilling (San José St)	3:58.6*	(6)	Baton Rouge	June 09
60. Paul Geis (Oregon TC).....	3:58.0*	(4)	Eugene.....	June 20
61. Jim Johnson (Club Northwest)	3:58.8*	(6)	Eugene.....	June 20
62. Scott Daggatt (Oregon).....	3:59.6	(7)	Eugene.....	June 20

1974

63. Mike Slack (unattached)	3:59.7i	(1)	Fargo	January 26
64. Reed Fischer (Texas)	3:59.9i*	(5)	Houston	February 09
65. Greg Gibson (Washington).....	3:59.1i*	(3)	San Diego.....	February 16
66. Paul Cummings (BYU)	3:56.4*	(1)	Tempe	March 16
67. Steve Wheeler (Duke)	3:59.4*	(1)	Raleigh	April 20
68. Denis Fikes (Penn)	3:55.0*	(2)	Philadelphia	April 27
69. Karl Thornton (Penn).....	3:57.9*	(4)	Philadelphia	April 27
70. Bruce Fischer (UCTC).....	3:58.5*	(3)	Wichita	June 01
71. Ted Castaneda (Colorado)	3:58.5*	(4)	Wichita	June 01
72. Keith Palmer (Kansas St)	3:59.2*	(5)	Wichita	June 01
73. Jeff Schemmel (Kansas St)	3:59.4	(6)	Wichita	June 01

1975

74. Keith Munson (ITA).....	3:58.5i*	(2)	Los Angeles.....	March 22
75. Ken Swenson (ITA).....	3:59.1*	(2)	Durham.....	May 03
76. Steve Foster (Florida TC)	3:58.5	(1)	Gainesville.....	May 06
77. Steve Heidenreich (Indiana)	3:59.6	(2)	Bowling Green	May 10
78. Matt Centrowitz (New York AC).....	3:59.2	(4)	Modesto	May 24
79. Gary Barger (Oregon).....	3:58.8*	(1)	Eugene.....	May 29
80. Mike Durkin (Illinois)	3:56.7*	(2)	Wichita	May 31

1976

81. Steve Bolt (Alabama).....	3:59.4i*	(1)	Baton Rouge	February 28
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82. Rick Musgrave (Colorado).....3:59.3.....(5) WichitaMay 29

1977

83. Steve Scott (UC Irvine)3:59.7i.....(3) Los Angeles January 15

84. Ron Speirs (New York AC).....3:56.9*(4) Philadelphia April 30

85. Steve Lacy (Wisconsin)3:59.64.....(2) WichitaMay 27

86. Ed Arriola (Arizona).....3:59.3*(4) Eugene..... June 14

1978

87. Greg Meyer (Athletic Attic).....3:59.1i*(1) Ann Arbor January 28

88. Tom Duits (Wn Michigan).....3:59.2*(3) Philadelphia April 29

89. Don Paige (Villanova)3:58.10.....(2) WestwoodMay 07

90. Craig Masback (Oxbridge)3:59.6.....(1) Oxford..... June 17

91. Jerald Jones (Santa Monica TC).....3:57.9*(7) Oslo..... June 27

92. Jeff Jirele (Santa Monica TC).....3:58.26*(8) Stockholm.....July 03

93. Phil Kane (Athletics West)3:59.37.....(9) Stockholm.....July 03

94. Greg Fredericks (Reading AA)3:59.7*(2) State CollegeAugust 05

95. Mike Manke (Athletics West)3:58.83*(4) Berlin.....August 18

1979

96. Mark Belger (Athletic Attic)3:58.4.....(2) Berkeley..... June 09

97. Ross Donoghue (St John's)3:58.0.....(4) Piscataway June 23

98. Tom Smith (Colorado)3:58.3.....(1) TillsonburgJuly 04

99. Andy Clifford (Cal).....3:59.49.....(4) Gateshead..... July 08

1980

100. Jim Spivey (Indiana).....3:58.9i.....(3) Louisville..... February 09

101. Ray Wicksell (Sub-4 TC).....3:59.7(1) Stanford March 22

102. Ron Cornell (UCLA).....3:57.7*(4) WestwoodMay 11

103. Larry Mangan (Penn St)3:58.4.....(1) State CollegeMay 16

104. Mike Wyatt (Philly Pioneers).....3:58.0*(5) PhiladelphiaMay 18

105. Todd Harbour (Baylor)3:58.38.....(5) Stockholm.....July 07

106. Bill McChesney (Oregon)3:59.1(2) Eugene.....July 26

1981

107. Richie Harris (Athletics West).....3:58.2.....(2) Adelaide February 07

108. Tom Byers (Athletics West)3:56.0i.....(3) Inglewood..... February 13

109. Doug Padilla (Athletics West)3:56.6i.....(3) Daly City..... February 21

110. Chuck Aragon (Notre Dame)3:59.92i.....(1) Champaign..... February 28

111. Dan Aldridge (Sub-4 TC)3:59.9.....(2) San José..... April 11

112. Rudy Chapa (Oregon).....3:57.04*(3) Eugene.....May 28

113. Ed Spinney (Athletics West).....3:57.34*(4) Eugene.....May 28

114. Ken Martin (Athletics West)3:57.84*(5) Eugene.....May 28

115. John Gregorek (Georgetown)3:57.10.....(5) VillanovaMay 30

116. +Sydney Maree (Athletic Attic).....3:48.83.....(1) Rieti September 09
(+ Maree had previous sub-4:00s, but not representing U.S.)

1982

117. Frank Assumma (UC Riverside).....3:57.3i.....(2) Los Angeles January 22
118. Dan Heikkinen (Athletics West).....3:59.05i*(1) Ann Arbor January 23
119. Vince Draddy (Virginia).....3:58.2i*(4) Boston.....February 13
120. Roger Jones (Auburn)3:58.4i*(5) Boston.....February 13
121. Thom Hunt (Athletics West)3:59.5i.....(6) Boston.....February 13
122. Mark Fricker (Oregon St).....3:58.3*(1) CorvallisMay 08
123. Jim Hill (Oregon).....3:56.41*(1) Eugene.....May 15
124. Joe Fabris (Aggie RC).....3:58.3*(9) Eugene..... June 05
125. Steve Plasencia (Athletics West).....3:58.34*(5) LondonJuly 17

1983

126. Chris Fox (Athletics West)3:59.0i*(2) Johnson City..... January 15
127. Kevin Johnson (East Tennessee)3:59.1i.....(3) Johnson City..... January 15
128. Jay Woods (unattached).....3:58.2i.....(2) Daly City.....February 11
129. Brian Diemer (Michigan)3:59.93i*(1) Ann ArborFebruary 12
130. Dub Myers (Oregon)3:57.06.....(1) Eugene.....May 14
131. Gary Gustafson (Club Northwest)3:58.4*(4) Vancouver June 01
132. Kevin Ryan (Athletics West).....3:57.60.....(5) Eugene..... June 04
133. Adam Dixon (Harvard)3:59.39.....(7) Luxembourg.....July 20

1984

134. Randy Wilson (Athletics West)3:58.74*(3) Eugene.....May 12
135. Mike Blackmore (Oregon).....3:59.80.....(4) Eugene.....May 12
136. Terry Brahm (Indiana).....3:59.35.....(2) Tillsonburg July 07
137. Brian Theriot (adidas)3:56.10*(8) Oslo.....July 21

1985

138. Jim McKeon (Richmond).....3:58.62(6) Johnson City..... January 19
139. Cliff Sheehan (Harvard).....3:59.2*(4) Philadelphia April 27
140. Gary Lewis (Fresno St).....3:58.6*(7) San José.....May 25
141. Richard Block (Bob Schul RT).....3:59.84*(2) Tillsonburg June 29
142. Henry Marsh (Athletics West).....3:59.31*(3) Bern.....August 16

1986

143. Mike Stahr (New York Pioneers)3:58.79i.....(1) Allston January 26
144. Jeff Atkinson (Stanford).....3:56.49.....(2) ModestoMay 10
145. Earl Jones (Santa Monica TC)3:58.76*(4) WestwoodMay 17
146. Marty Hemsley (adidas)3:59.70*(4) Eugene.....May 17
147. Kevin King (Club Connecticut)3:58.31*(5) Villanova June 14
148. Maurice Smith (Adams St).....3:59.70.....(7) Belfast..... June 30

1987

149. James Murphy (Indiana TC).....3:59.99i*(2)	Indianapolis..... January 16
150. Joe Falcon (Arkansas).....3:56.77i.....(1)	Fayetteville..... January 31
151. Gawain Guy (H&R).....3:58.56.....(2)	Modesto..... May 9
152. Harold Kuphaldt (Oregon).....3:59.73*(2)	Eugene..... May 16
153. Rich Bergesen (Oregon).....3:59.79*(3)	Eugene..... May 16

1988

154. Brian Abshire (Athletics West).....3:58.62i*(2)	Johnson City..... January 22
155. Steve Ave (New Balance).....3:59.09i.....(3)	Allston..... January 31
156. Roosevelt Jackson (Reebok).....3:59.41i*(3)	New York..... February 05
157. John Quade (Arizona).....3:57.3i.....(1)	Notre Dame..... February 06
158. Darryl Frerker (unattached).....3:58.1i.....(2)	Notre Dame..... February 06
159. Karl Van Calcar (Oregon St).....3:59.35*(1)	Corvallis..... May 07
160. Tim Hacker (Athletics West).....3:55.7.....(4)	Westwood..... June 05
161. Bruce Stirling (Reebok).....3:59.1*(5)	Eugene..... July 02

1989

162. Brian Jaeger (Nike Boston).....3:59.47i*(2)	Johnson City..... January 27
163. Reuben Reina (Arkansas).....3:58.88i.....(2)	Ft. Worth..... February 18
164. Bob Whelan (Kentucky).....3:58.82i.....(3)	Indianapolis..... March 11
165. Mark Coogan (Nike Boston).....3:58.81*(1)	Dedham..... June 10
166. Brad Schlapak (Northeastern).....3:59.91.....(2)	Dedham..... June 10
167. Greg Whiteley (Brown).....3:59.15.....(5)	Westwood..... June 10
168. Paul Greer (San Diego TC).....3:59.79*(6)	Westwood..... June 10

1990

169. Eddie Slowikowski (Loyola).....3:59.36i.....(1)	Boston..... February 18
170. Eric Henry (Arkansas).....3:59.18i.....(2)	Indianapolis..... March 10
171. Jim Norris (New Balance).....3:59.5*(1)	Holmdel..... June 23

1991

172. Matt Taylor (Fox).....3:57.84i*(2)	Fayetteville..... January 25
173. Bill Burke (Princeton).....3:58.70i.....(1)	New York..... February 01
174. Mark Deady (Nike Indiana).....3:58.65i*(1)	Boston..... February 16
175. Charles Marsala (Nike Indiana).....3:58.73i*(2)	Boston..... February 16
176. Mike Michno (New Balance).....3:58.94i*(3)	Boston..... February 16
177. Bill Rathbun (Boston AA).....3:59.94i*(4)	Boston..... February 16
178. Bob Kennedy (Indiana).....3:58.11i.....(1)	Indianapolis..... March 09
179. John Trautmann (Georgetown).....3:58.52i.....(4)	Indianapolis..... March 09
180. Matt Giusto (Mizuno).....3:59.18.....(3)	Stanford..... March 30
181. Gerry Donakowski (Nike North).....3:59.1*(4)	Dedham..... June 9
182. Terrance Herrington (Nike Atlantic)	

.....3:55.61(8) Villeneuve-d'Ascq July 01
 183. Christian Cushing-murray (SMTC)3:57.70.....(10) Villeneuve-d'Ascq July 01

1992

184. Len Sitko (unattached).....3:59.29i*(4) Birmingham..... March 14
 185. Ernie Freer (Bulldog TC)3:59.04*(1) Fresno..... April 04
 186. Steve Holman (Georgetown).....3:53.31(4) Oslo..... July 04
 187. Paul Vandegrift (William & Mary).....3:59.60.....(3) Belfast.....August 31

1993

188. Erik Nedeau (Northeastern)3:59.68i.....(1) Boston.....February 27
 189. Aaron Ramirez (Mizuno)3:59.57*(3) San Francisco May 15
 190. Jim Sorenson (Reebok).....3:59.70.....(4) San Francisco May 15
 191. Ronnie Harris (Sallie Mae TC).....3:58.03*(5) Eugene..... June 05
 192. Bob Lesko (Sallie Mae TC)3:58.23*(6) Eugene..... June 05
 193. Danny Maas (Reebok).....3:58.83*(7) Eugene..... June 05
 194. Mark Dailey (New York AC)3:57.16*(12) Oslo.....July 10

1994

195. Mark Sivieri (unattached).....3:59.85i*(2) Boston..... January 28
 196. Dave Wittman (Nike Texas).....3:59.28i.....(2) Notre Dame February 05
 197. Buck Jones (Club Northwest)3:57.43*(3) Eugene..... June 04
 198. Shannon Lemora (Nike Oregon).....3:57.47*(4) Eugene..... June 04
 199. Benny McIntosh (Asics).....3:58.25*(6) Eugene..... June 04
 200. Chris Katon (unattached).....3:59.19*(9) Eugene..... June 04
 201. Jon Warren (Nike Texas).....3:59.30*(10) Eugene..... June 04
 202. Jim Howarth (NikeRR).....3:59.75*(12) Eugene..... June 04
 203. Shane Healy (BRC).....3:59.23*(7) Cork..... June 25

1995

204. Brian Hyde (William & Mary)3:59.92i.....(2) Johnson City..... January 28
 205. Paul McMullen (En Michigan)3:57.34i.....(2) Notre Dame February 04
 206. Jason Pyrah (Mizuno)3:58.43i.....(2) Los Angeles February 11
 207. Brad Sumner (NYAC).....3:59.11*(2) Philadelphia April 29
 208. Tom Nohilly (Reebok East).....3:59.75*(4) Philadelphia April 29
 209. Gordon Johnson (Brooks).....3:56.24*(9) Eugene.....June 04

1996

210. Matt Holthaus (Reebok East).....3:58.80i.....(1) Allston February 10
 211. Michael Cox (Nike).....3:59.20*(1) Lawrence April 20

1997

212. Dan Browne (Army).....3:59.37i.....(1) Annapolis February 01
 213. Corey Ihmels (Iowa St)3:59.70i*(2h) Indianapolis March 07

214. Alan Culpepper (adidas).....	3:58.15.....	(5)	Portland	May 11
215. Richie Boulet (New Balance).....	3:58.62.....	(6)	Portland	May 11
216. Karl Paranya (Haverford).....	3:57.6.....	(2)	Haverford.....	May 14
217. Jamey Harris (Reebok Aggies).....	3:59.19.....	(1)	Stanford.....	May 27
218. Marc Davis (Nike)	3:54.30*	(8)	Nice	July 16
219. Darin Shearer (CMS).....	3:59.76.....	(2)	Falmouth.....	August 16

1998

220. David Krummenacker (Georgia Tech)	3:58.62i.....	(2)	Gainesville.....	February 07
221. Ryan Travis (Arkansas)	3:59.69i.....	(1)	Ames	February 07	
222. Seneca Lassiter (Arkansas).....	3:59.60i.....	(4)	New York.....	February 13	
223. Brian Gallagher (La Salle).....	3:59.91i*	(2)	Boston.....	February 14	
224. Gabe Jennings (Stanford).....	3:59.32.....	(3)	Walnut.....	April 19	
225. Brian Baker (New Balance)	3:58.80*	(3)	Brunswick	July 04	
226. Michael Stember (Stanford).....	3:59.31	(5)	Brunswick	July 04	
227. Scott Anderson (Reebok East).....	3:59.80.....	(7)	Brunswick	July 04	

1999

228. Bryan Berryhill (Colorado St).....	3:56.52.....	(2)	Wanganui.....	January 16
229. Tim Broe (Alabama).....	3:59.38i.....	(1)	Notre Dame.....	February 06
230. Jonathon Riley (Stanford)	3:58.72i.....	(2)	Ames	February 06
231. Adam Goucher (Fila).....	3:57.63.....	(1)	Eugene.....	May 15

2000

232. Jason Lunn (Farm Team).....	3:58.42i.....	(2)	Boston.....	January 29
233. Rich Kenah (New Balance).....	3:59.43i*	(6)	Fayetteville	February 12
234. Dwight Davis (Tulsa).....	3:59.29*	(3)	Walnut.....	April 16
235. Sam Gabremariam (Reebok East)	3:59.17*	(4)	Philadelphia	April 29
236. Steve Fein (Oregon)	3:59.35*	(3)	Eugene.....	May 13
237. Mike Miller (FTW).....	3:59.86.....	(5)	Eugene.....	May 13

2001

238. Alan Webb (Virginia HS)	3:59.86i.....	(3)	New York City	January 20
239. Dan Wilson (unattached).....	3:59.14i*	(4)	Roxbury Crossing.....	February 04
240. Sharif Karie (Arkansas).....	3:59.60i*	(6)	Fayetteville	February 10
241. Charlie Gruber (Kansas).....	3:58.51i.....	(2)	Fayetteville	March 10
242. Jeremy Tolman (Weber St).....	3:59.99i*	(6)	Fayetteville	March 10
243. Andy Downin (Wisconsin RRT).....	3:59.39.....	(2)	Des Moines	April 28
244. Clay Schwabe (Army)	3:59.43*	(4)	Princeton	May 12
245. Ibrahim Aden (Nike)	3:56.95.....	(7)	Portland	June 03

2002

246. Jeremy Huffman (Farm Team).....	3:59.81i*	(5)	New York City	March 01
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247. Eric Garner (Washington).....	3:58.93i*(1)	Seattle.....	March 02
248. Donald Sage (Stanford).....	3:59.49i*(2)	Seattle.....	March 02
249. Brandon Strong (Arizona St).....	3:59.59i*(3)	Seattle.....	March 02
250. Ray Hughes (Nike).....	3:59.78i*(4)	Seattle.....	March 02
251. Matt Lane (Nike).....	3:57.57*(10)	Eugene.....	May 26
252. Bolota Asmerom (Nike).....	3:59.86*(1)	Stanford.....	June 08

2003

253. Rob Myers (Ohio St)	3:58.64i.....(1)	Lexington.....	February 08
254. Luke Watson (Notre Dame).....	3:57.83i*(1)	Notre Dame.....	February 08
255. Ian Connor (Nike).....	3:58.24i*(5)	Notre Dame.....	February 08
256. Jason Long (Asics).....	3:59.99i*(4)	New York City	February 15
257. Grant Robison (Stanford).....	3:58.95i*(1)	Seattle.....	March 08

2004

258. Jordan Desilets (En Michigan)	3:59.83i*(4)	Notre Dame.....	February 07
259. Nathan Robison (BYU).....	3:59.99i*(1)	Seattle.....	February 14
260. Steve Slattery (Nike).....	3:59.78.....(7)	Eugene.....	June 19
261. Aaron Lanzel (US Navy).....	3:59.88*(8)	Eugene.....	June 19
262. Said Ahmed (Arkansas)	3:57.33.....(2)	Burnaby	July 01
263. Chris Estwanik (Nike Farm Team).....	3:58.17*(3)	Burnaby	July 01
264. Daniel Lincoln (Nike).....	3:57.68*(11)	London.....	July 30

2005

265. Bernard Lagat (Nike)	3:53.61i.....(2)	Roxbury Crossing.....	January 29
266. Scott McGowan (New Balance)	3:58.91i.....(7)	Roxbury Crossing.....	January 29
267. Sean Jefferson (Indiana)	3:56.44i*(1)	Notre Dame.....	February 05
268. John Jefferson (Indiana).....	3:57.85i.....(2)	Notre Dame.....	February 05
269. Leonel Manzano (Texas).....	3:59.86i.....(1)	Lincoln.....	February 26
270. Jon Rankin (UCLA)	3:57.89.....(1)	Westwood.....	April 09
271. Bryan Lindsay (BYU).....	3:59.16*(2)	Westwood.....	April 09
272. Anthony Famiglietti (adidas)	3:58.23.....(1)	Nashville	June 04

2006

273. Sean O'Brien (Nike Farm Team).....	3:59.05i.....(1)	Seattle.....	January 14
274. Elliott Blount (Nike Farm Team).....	3:59.61i*(4)	Seattle.....	January 14
275. Chris Lukezic (Reebok).....	3:58.53i.....(10)	Roxbury Crossing.....	January 28
276. Ryan Kleimenhagen (Team Minn)	3:59.00i*(11)	Roxbury Crossing.....	January 28
277. Russell Brown (Stanford)	3:59.65i.....(3)	Fayetteville.....	February 10
278. Austin Abbott (Washington).....	3:59.47i.....(2)	Seattle.....	February 11
279. Stephen Pifer (Colorado).....	3:59.55i.....(3)	Seattle.....	February 11
280. Christian Smith (Kansas St).....	3:59.60i*(2)	Ames	March 04
281. Michael McGrath (Oregon).....	3:59.25i*(1)	Seattle.....	March 04
282. Jason Jabaut (Nike Farm Team).....	3:59.07.....(4)	Beaverton.....	May 04

283. Matt Tegenkamp (Nike)	3:56.38*	(1)	Madison	May 06
284. Chris Solinsky (Wisconsin).....	3:57.80.....	(2)	Madison	May 06

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285. Nick Symmonds (Oregon TC).....	3:56.72i*	(1)	Seattle.....	January 13
286. Garrett Heath (Stanford).....	3:59.60i.....	(2)	Seattle.....	January 13
287. Blake Boldon (Saucony).....	3:59.18i*	(1)	Ames	March 03
288. Josh McDougal (Liberty)	3:57.46*	(1)	Lynchburg.....	March 31
289. David Torrence (Cal).....	3:58.62.....	(1)	Berkeley.....	April 28
290. Sean Graham (Oregon TC).....	3:58.4*	(2)	Beaverton	May 10
291. Bobby Curtis (Villanova).....	3:57.20*	(1)	Swarthmore.....	May 20
292. Michael Kerrigan (Villanova)	3:59.60*	(2)	Swarthmore.....	May 20
293. Jeff See (unattached)	3:58.70*	(2)	Nashville	June 02
294. Jake Watson (Notre Dame).....	3:59.40*	(3)	Nashville	June 02
295. Ben Gregory (Wisconsin RRT).....	3:59.69*	(4)	Nashville	June 02
296. Ben True (Dartmouth)	3:59.99*	(1)	Cambridge.....	June 17
297. Seth Summerside (adidas).....	3:57.84*	(4)	Braschaat	July 21

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298. Will Leer (Oregon TC).....	3:59.83i.....	(1)	Seattle.....	January 26
299. Andrew Bumbalough (Georgetown)				
.....	3:58.46i*	(1)	New Haven	February 02
300. John Richardson (Kentucky)	3:59.35i*	(2)	Lexington.....	February 02
301. Steve Sherer (Athletic Performance)				
.....	3:56.00i*	(1)	Seattle.....	February 02
302. Kyle Perry (BYU).....	3:59.16i*	(2)	Seattle.....	February 02
303. Kyle Alcorn (Arizona State).....	3:59.82i*	(3)	Seattle.....	February 02
304. Jack Bolas (Wisconsin)	3:59.40i*	(1)	Notre Dame	February 09
305. Jordan Fife (Brooks Indiana).....	3:59.75i*	(2)	Notre Dame	February 09
306. Brandon Bethke (Wisconsin)	3:59.85i*	(3)	Notre Dame.....	February 09
307. A.J. Acosta (Oregon).....	3:58.52i.....	(1)	Seattle.....	March 08
308. Darren Brown (Texas).....	3:59.99.....	(3)	Austin.....	April 05
309. Laef Barnes (UCLA).....	3:59.96*	(1)	Westwood	April 12
310. Scotty Bauhs (Chico State)	3:59.81*	(1)	Chico	April 12
311. Andrew Wheating (Oregon).....	3:58.16*	(1)	Eugene.....	April 26
312. Lopez Lomong (Nike).....	3:53.97.....	(5)	Eugene.....	June 08

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313. German Fernandez (Oklahoma St).....	3:56.50i.....	(1)	Fayetteville	January 24
314. Dorian Ulrey (Arkansas)	3:57.60i*	(2)	Fayetteville	January 24
315. Liam Boylan-Pett (unattached).....	3:59.40i*	(1)	State College	January 31
316. Shane Knoll (Michigan State).....	3:57.36i*	(1)	Notre Dame.....	February 7
317. Justin Switzer (Michigan).....	3:58.86i*	(3)	Notre Dame.....	February 7
318. Jacob Boone (Oklahoma).....	3:59.07i*	(4)	Notre Dame.....	February 7

319. Matthew Centrowitz (Oregon).....	3:57.92i*(1)	Seattle.....	February 14
320. Craig Miller (Wisconsin).....	3:59.09i*(1)	Notre Dame.....	March 7
321. Galen Rupp (Oregon).....	3:57.86i.....(1)	Seattle.....	March 7
322. Michael Coe (Cal).....	3:56.18*(1)	Berkeley.....	April 25
323. Tommy Schmitz (Saucony).....	3:58.92.....(3)	Berkeley.....	April 25
324. Derek Scott (Brooks).....	3:57.87*(2)	St. Louis.....	May 23
325. Tom Brooks (Oregon TC).....	3:59.31*(1)	Beaverton.....	May 28
326. Dan Strackeljahn (Big River RC).....	3:59.77*(2)	Murfreesboro.....	June 6
327. Evan Jager (Oregon TC).....	3:54.35*(7)	Eugene.....	June 7
328. Jordan McNamara (Oregon).....	3:59.87*(1)	Eugene.....	July 16
329. Mark Thompson (unattached).....	3:59.29*(3)	Brasschaat.....	July 26

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330. Andrew Bayer (Indiana).....	3:58.98i*(2)	Bloomington.....	January 30
331. Erik van Ingen (Binghamton).....	3:59.58i*(1)	State College.....	January 30
332. Abdi Hassan (Arizona).....	3:59.76i.....(3)	Seattle.....	January 30
333. Alex McClary (unattached).....	3:57.32i*(2)	Fayetteville.....	February 12
334. Andy McClary (unattached).....	3:58.95i.....(5)	Fayetteville.....	February 12
335. Riley Masters (Maine).....	3:59.97i.....(1)	Allston.....	February 13
336. Dylan Ferris (Stanford).....	3:58.90i*(1)	Seattle.....	February 13
337. Eric Harasyn (Oklahoma).....	3:59.97i*(3)	Seattle.....	February 13
338. Mac Fleet (Oregon).....	3:57.70i*(2)	Seattle.....	February 13
339. Mark Matusak (Cal).....	3:58.36i*(3)	Seattle.....	February 13
340. Jordan Horn (adidas).....	3:58.67i*(5)	Seattle.....	February 13
341. Andrew Jesien (unattached).....	3:58.91i*(7)	Seattle.....	February 13
342. Sam Bair Jr. (unattached).....	3:59.72i*(10)	Seattle.....	February 13
343. Kyle Merber (Columbia).....	3:58.52i*(1)	New York City.....	March 05
344. Tony Jordaneck (unattached).....	3:58.80i*(2)	New York City.....	March 05
345. Kyle Heath (unattached).....	3:59.89i*(4)	New York City.....	March 05
346. Ben Blankenship (Minnesota).....	3:57.87i*(1)	Seattle.....	March 06
347. Blake Shaw (USC).....	3:59.85i*(5)	Seattle.....	March 06
348. Steve Sodaro (Cal).....	3:59.42*(2)	Berkeley.....	April 24

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Another Mile Site:

The Late Bob Sparks' International Lists of Sub-4:00 Milers (alpha & chrono) -- Last Updated December 2002, but is currently being modernized.

<http://easyweb.easynet.co.uk/%7Eersparks/sub4.htm>