

Andrew Rock

Stratford High School: 1997 – 2000

Head Coach: Dennis Paulson

Team Captain: 2000

Most Valuable Award: 1999 & 2000

High School Events, Best Performances (All School Records):

110m HH – 14.5, 300m IH – 37.5, 200m D – 21.3,

Long Jump – 22' 6", 400m D – 50.10 &

1600m Relay – 3:28.4

Conference Records:

110m HH – 14.74, 300m IH – 37.94, 200m D – 22.64 &

Long Jump – 21' 5"

WIAA State Meet Records Set (Division III):

300m IH – 38.10 & 200m D – 22.00 (prelims)

Marawood Conference Highlights:

8-Time Conference Champion, 4 events with Conference

Records and 2-Time Conference Most Valuable Athlete

WIAA Regional/Sectional (Division III):

8-Time Regional and 8-Time Sectional Champion

WIAA State Meet (Division III):

1999 – 2nd place 300m IH (40.21), 4th place

Long Jump (21' 4"), 4th place 1600m Relay

(3:29.59) & 5th place 110m HH (16.09)

2000 – 4-Event Champion as a Senior; Long Jump

(22' 4 3/4"), 110m HH (15.17), 300m IH (38.10;

still a state record) & 200m D (22.05; set state

record in prelims of 22.00)

Collegiate:

17-Time NCAA Division III All-American while competing at UW-La Crosse, 5 Indoor School Records, Holds 4 NCAA Division III National Records and was a member of 8 National Team Titles – Indoor/Outdoor

Post-Collegiate:

2004 – Olympic Gold Medalist 4 x 400m Relay 2:59.30

2005 – World Championship Silver Medalist 400 D

and Gold Medalist 4 x 400 Relay

Number 3 World Ranking at 400 meters

2006 – USA Champion 400m D and Number 4 World

Ranking at 400 meters.

PR's – 400m Dash (44.35); 1600m Relay (2:56.91)

Inducted 2008

