

Ben Gregory

Racine Park High School 1997 – 2001

High School Coaches:

Glenn Schultz / Harvey Riekoff

2001 Team Captain and MVP

High School Event Bests (*School Record,
^Meet Record, cConverted Time Yards to
Metric)

2000 – 1000m (^2:30.09; set at Monona
Grove Invite, a meet record that still stands)

2001 – 800m (1:54.66), 1600m (*c4:11.59),
3200m (9:33.40), 1600m Relay (3:24.77),
3200m Relay (*7:55.25), 6400m Relay
(*18:22.8)

Southeast Conference Records

2000 – 1600m (4:18.40), 3200m Relay
(8:09.60; set at Conference Relays Meet)

2001 – 800m (1:54.66), 1600m Relay
(3:24.77), 6400m Relay (18:22.8; set at
Conference Relays Meet)

WIAA State Meet Championships (Division I)

1998 – Qualifier 3200m Relay
State Team Champions

1999 – 7th 800m (1:58.99)

2000 – Champion 800m (1:55.41);
Runner-up 1600m (4:15.77)

State Team Champions

2001 – Champion 1600m (4:14.40) & 3200m
Relay anchor (7:55.25); 3rd 800m (1:56.77)

College: University of Wisconsin – Madison

Competed from 2001 – 2006

2005 – NCAA Division I All-American;
Distance Medley Relay

2006 – NCAA Division I All-American; Mile
Personal Bests Indoor & Outdoor
1500m (3:43.56), Mile (3:59.69),
3000m (8:02.32)

Other Accolades

2000 – Cross Country; in the only year Ben
ran in this sport, he was named Team
Captain/MVP and won the Conference
Meet. After finishing as Sectional
Runner-up, Ben placed 5th individually at
the State Meet and led Racine Park to a 5th
place team finish.

2001 – Foot Locker Nationals, 7th Mile
(4:13.02; #23 U.S. time on Dye Stat)
5-time WISTCA All-State

Inducted 2016

