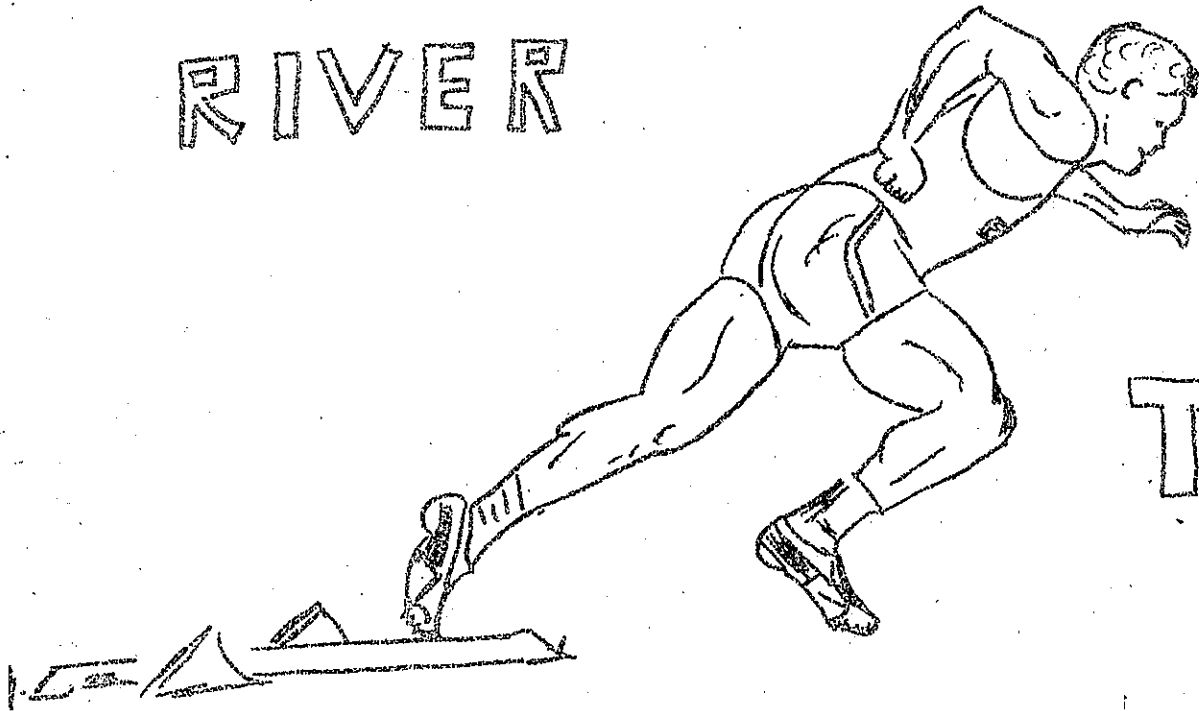


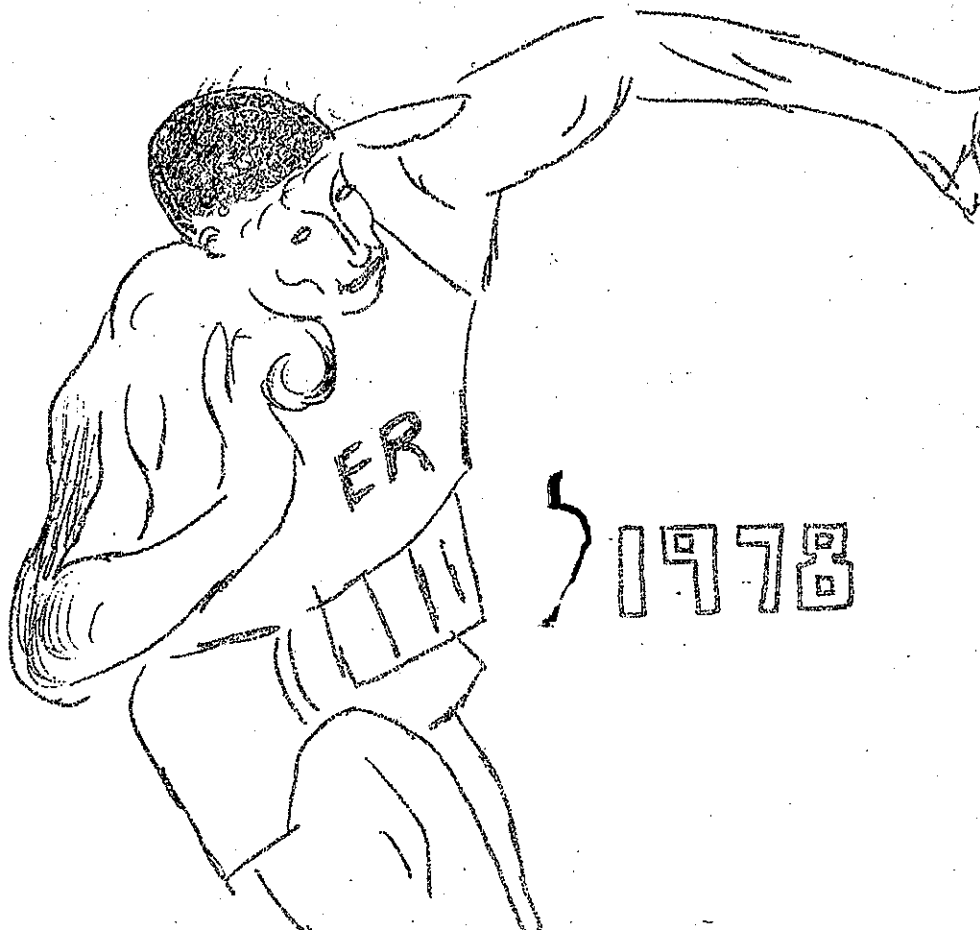
ELK

RIVER



Track

& FIELD



1978



1978 ELK RIVER SENIOR HIGH SCHOOL TRACK BOOKLET

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COACHES:

Head Coach Roland Jarvi  
Assistants Colin Anderson  
Guenther Sagan



According to records, Elk Rivers' first track team was in 1939-40. There were a total of 2 lettermen for that season; D. Dalheimer and J. Ferzy. For the 1941-42 season we find that Ron Sass who is now the head coach of the White Bear Lake track team, was a member of the Elk River track team. He competed in the High Jump and in the Long Jump.

By the end of the 1953-54 season, Elk River was up to 4 track lettermen. In the 1955-56 school year, the track team was very powerful. They placed 2nd in the District 16 meet and were the Region IV champions. Two of the outstanding performances turned in that year were by Lloyd Gray and the 880 Relay team. Lloyd Gray set a new school record on the 100 yard dash with a time of 10.3. The 880 Relay team of Red Leifer, Sonny Anderson, Gene Sellon and Paul Ebner placed first in the District 16 meet. The school year 1960-61 found the Elk River track team awarding 14 letters. 8 of these letter winners were 9th graders and one an 8th grader.

The 1965 track team advanced two entrants to the state track meet. Walt Malmstrom qualified in the 880 yard run and placed third. The Mile Relay team also qualified for the state meet. The team consisted of Carl DeHans, Walt Malmstrom, Dick Lenz and John MacIntyre. In the spring of 1966 Walt Malmstrom again qualified for the state track meet. He placed third again with a time of 1:54.0 which is still an Elk River High School record. John MacIntyre who holds the school record in the Pole Vault also qualified for the state track meet but broke his pole and could not compete.

In 1971 the Elks had a young team but they were very strong. The Elks won the St. Francis Invitational, the Centennial Relays and placed 2nd in the Run River Conference meet. The Elks also had two entrants at the State Track meet. They were Frank Kopetka who placed 5th in the Long Jump with a jump of 21' 9 1/2", and Mike Lefebvre who qualified in the 100 yard dash. 1971 found that 25 letters were awarded to track members.

Things really began to look good in the spring of 1972 as the Elks won the St. Francis Invitational, the Rosemount Invitational, the Princeton Invitational, the Run River Championship for the first time, and were runner-up in District 16. Then in 1973 the Elks again were the Run-River Conference Champions. In addition they won the Rosemount Invitational, the Centennial Relays, the SLP Panther Invitational, the Sub-Region Class A meet and were Region V Class A runner-up. With the state track meet in classes that year, Elk River competed in Class A with two state entrants. They were Jeff Hawkins who won the High Hurdles and placed 3rd in the Low Hurdles; and Steve Sent who qualified in the High Hurdles and the Long Jump but could not compete because of a bad hamstring pull. The 1973 track team broke 12 school records.

The 1974 season was the best yet for the Elks. The results of that season showed the following: Run-River Champions, Princeton Invitational Champions, St. Paul Park Class B Champions, Sub-Region Class A Champions, Region IV Champions and Finally the Elks were the state Class A runner-up. The Elks had three State entrants. They were Jeff Hawkins, Steve Sent and Dan Reents. Jeff won the High Hurdles in a time of 14.6, the Low Hurdles in 19.8, and he also made the finals of the 100 yard dash. Steve placed second in the High Hurdles



with a time of 14.8 and second in the Long Jump with a leap of 21' 9 3/4". Dan qualified in the Shot Put. In 1974, 6 school records were broken.

1975 was a year of surprises. The Elks turned out some of the best relay times in the state. Gregg Skuza, Daryl Boyd, Brian Klemz and Steve Brant broke 2 school records in the 2 mile relay (8:12) and the mile relay (3:26). Then Bruce Powers, Brian Klemz, Daryl Boyd and Gregg Skuza broke the school record in the Sprint Medley Relay with a time of 3:35.1. In addition, Gregg Skuza broke the 140 record which had stood since 1966 by Walt Kalmstrom. The Sprint Medley and the Mile Relay teams both placed 4th in the State Class A track meet and Steve Brant made it to the finals in the 880. For the fourth year in a row the Elks won the Run River Conference Meet. This was the last year in Run River Competition.

1976 found Elk River in the Skyline Conference for the first and the last year. There wasn't any question that this was a tough conference. However, the Elks had one of their youngest teams and the season proved to be a learning year for many. There were only about 7 seniors on the team. Grant Hartman had a great year in the High Hurdles. Brad Grupa who was selected as the MVP, posted a time of 20 1/2 in the Low Hurdles during the year. He was conference champ and placed in the Regions. He also ran the 100 in 10.3. By far the best performance of the year came from Paul Zsbee. Not only did he break the School Record in the Discus, but he placed 2nd in the regions and third in the State Class AA meet with a toss of 159'8". Lastly, this was also the year that Bill Winter after 6 very successful years as Head Track Coach, decided to hang up his stopwatch. Many thanks and memories go with him.

1977 was an interesting year, for several reasons. First of all, for the first time in many years, Elk River was without a conference. Second, the Elks had two new coaches. Roland Jarvi took over the Head Coaching duties, and Colin Anderson one of the top ranked Shot Putters in the United States, took over the Shot and Discus duties. And finally, this was the year of the "Soph". 11 sophomore records were broken and one was tied. Interesting enough was the fact that they were all running events. The experience from the Junior High and the hard work during the year paid off. The Centennial Invitational was won by the Elks and they came within a point or two of many other meets. One varsity record was broken. The 140 relay team of Dan Kollas, Craig Hinrichs, Steve Slavik and Clint Leger ran a time of 45.9 to break the 1973 record of 46.7. Although the Elks compete in one of the toughest regions, they had several people qualify for the finals in 1977. Rick Stebaly in the 220 and the High Hurdles, Craig Hinrichs placed 5th in the 220 and the 880 relay team of Craig Hinrichs, Steve Slavik, Jeff Piotrowski and Dan Kollas placed 4th. The outlook for 1978 will surely find the Elks in contention for the first Central Lakes Conference Championship.





## TRACK LETTER REQUIREMENTS

### A TOTAL OF 20 POINTS MUST BE EARNED

1. Points are earned in the following ways:
  - a. Setting a personal record (PR) earns 1 point.
  - b. Points earned in varsity meets count. Scoring 6-1-3-2-1 or 5-3-1
2. Placing in the top 6 in the region earns a letter.
3. Coaches reserve the right to withhold letters from Athletes who display conduct and attitudes detrimental to the track team, regardless of the number of points earned during the season.

### COACHING STAFF EXPECTATIONS AND REQUIREMENTS

1. You will be striving to reach your maximum potential in your event. To do this, the coaches feel you must be setting realistic goals.
2. Attendance at practice and meets is mandatory. Two (2) unexcused absences from practice will mean your removal from the team. If you must miss practice and have a legitimate reason call Mr. Jarvi at North Junior High 441-2542 or at home 427-6022.
3. Minnesota State High School League rules for eligibility must be followed.

### TRACK AWARDS

1. MVP The most valuable performer will be selected by the team members.
2. MORNING MILEAGE CHAMP Given to the athlete with the most morning miles.
3. OUTSTANDING SOPHOMORE Given to the sophomore that the coaches feel has performed and contributed a lot to the team.
4. OUTSTANDING FIELD EVENT Given to the athlete who in the coaches estimation has performed the most outstanding in a field event
5. OUTSTANDING TRACK EVENT Given to the Athlete who in the coaches estimation has performed the most outstanding in a track event
6. COACHES AWARD Given to the Athlete who in the coaches estimation was the combination of most improved and most dedicated.

### PAST MVP OR TRACK MAN OF THE YEAR RECIPIENTS

1968	Bob Hawkins
1969	Bob Hawkins
1970	Emory LaPointe
1971	Mike Lefebvre
1972	Blaise Kraljic
1973	Jeff Hawkins
1974	Jeff Hawkins
1975	Steve Brant
1976	Brad Grupa
1977	Dan Kolles



## POINTS CLUB

Since scoring during the season is based on the 6-4-3-2-1- and 5-3-1 system; it is quite an accomplishment to record over 100 points during a track season. Therefore we have established a points club for any track athlete who has earned 100 or more points during the season.

100 POINT CLUB		150 POINT CLUB		200 POINT CLUB	
Jeff Hawkins	148 1972	Steve Brant	177 1975	Jeff Hawkins	203 1973
Gregg Stouza	148 1975	Steve Smit	164 1973	Jeff Hawkins	235 1974
Steve Smit	124 1974	Daryl Boyd	160 1975		
Brad Grupa	119 1976	Bruce Powers	152 1975		
Nick Stehlay	107 1977	Brian Klenn	150 1975		
Brian Klenn	105 1974				
Dunne Lakoduk	103 1973				
Wayne Becklin	100 1972				

### EAST STATE TRACK RECORDS FROM DEL RIVER

NAME	YEAR	EVENT	TIME OR DISTANCE	PLACE
Walt Malinstra	1965	880		3rd
(C. Powers W Malinstra D. Lewis J MacIntyre)	1965	Mile Relay		
Walt Malinstra	1966	880	1:54.0	3rd
John MacIntyre	1966	Pole Vault	12' 9"	
Frank Kopotha	1971	Long Jump	21 ft 9 1/2 in.	5th
Mike Lafolvre	1971	100 Yd. Dash		
Steve Smit	1973	High Hurdles Long Jump		
Jeff Hawkins	1973	High Hurdles Low Hurdles	15.3	1st 3rd
Dan Roberts	1974	Shot Put		
Steve Smit	1974	High Hurdles Long Jump	14.8 21 ft 9 3/4 in	2nd 2nd
Jeff Hawkins	1974	High Hurdles Low Hurdles 100 Yard Dash	14.6 19.8	1st 1st
Steve Brant	1975	880		
(B. Powers B. Klenn D. Boyd G. Stouza)	1975	Sprint Med	3:39	4th
(S. Brant D. Boyd G. Stouza B. Klenn)	1975	Mile Relay	3:50	4th
David Pickens	1976	100 Yard Dash	14.0 3/4"	3rd



FILE RIVER SR. HIGH TRACK SCHOOL RECORDS

EVENT	NAME	TIME OR DISTANCE	YEAR
100 Yd. Dash	Mike Lefebvre	10.1	1973
	Jeff Hawkins	10.1	1974
220 Yd. Dash	Duane Lakoduk	23.2	1973
440 Yd. Dash	Gregg Skuza	51.5	1973
880 Yd. Run	Walt Malmstrom	1:54.0	1966
1 Mile Run	Ross A. Anderson	4:29.9	1973
1 Mile Relay	Brian Klesz Daryl Boyd Gregg Skuza Steve Brant	3:26	1973
2 Mile Relay	Brian Klesz Daryl Boyd Gregg Skuza Steve Brant	8:12	1973
880 Relay	Bruce Anderson Chuck Spear Kim Mattson Duane Lakoduk	1:33.7	1973
440 Relay	Dan Kolles Steve Slavik Craig Hinrichs Clint Leger	45.9	1973
Sprint Medley Relay	Bruce Powers Brian Klesz Daryl Boyd Gregg Skuza	3:35.1	1973
180 Yd Low Hurdles	Jeff Hawkins	19.3	1974
120 Yd. High Hurdles	Jeff Hawkins	14.4	1973
High Jump	Jeff Hawkins	6' 6"	1974
Long Jump	Steve Smit	21' 9 3/4"	1973
Triple Jump	Steve Smit	38' 4 1/2"	1973
Pole Vault	John MacIntyre	12' 9"	1966
Shot Put	Wayne Becklin	53' 2 3/4"	1973
Discus	Paul Zabec	159' 8"	1973
4 Mile Relay	Daryl Boyd Steve Brant Mike Anderson Warren Hinkle	19:28	1974
2 Mile Run	Warren Hinkle	9:50.6	1974
330 Intermed. Hurdles	Jeff Hawkins	40.7	1974



SOPHOMORE SCHOOL RECORDS

EVENT	NAME	TIME OR DISTANCE	YEA
100 Yd. Dash	Duane Lakodak	10.6	197
220 Yd. Dash	Rick Steblay	23.4	197
440 Yd. Dash	Steve Slavik	53.3	197
880 Yd. Run	Tom Weinhold	2:05	197
Mile Run	Dan Lemmon	4:50.4	197
2 Mile Run	Warren Hinkle	10:30.5	197
Shot Put	Cliff Anderson	47' 8"	197
Discus	Paul Zabee	119' 9"	197
Pole Vault	Mike Zahler	117' 6"	197
High Jump	Jeff Hawkins	5' 10"	197
Long Jump	Steve Smit	19' 10"	197
Sprint Medley	Jeff Piotrowski Steve Slavik Jeff Stone Tom Weinhold	3:49.3	197
880 Relay	Clint Leger Jeff Piotrowski Jeff Stone Steve Slavik	1:37.4	197
Mile Relay	Jeff Piotrowski Greg Weber Tom Weinhold Steve Slavik	3:34.0	197
120 Yd. High Hurdles	Jeff Hawkins Rick Steblay	15.0 15.0	197 197
180 Yd. Low Hurdles	Rick Steblay	20.3	197
330 Intermed. Hurdles	Rick Steblay	41.6	197
2 Mile Relay	Russ Gesch Tom Weinhold Shaun Friedrich Dan Lemmon	8:44.3	197
440 Relay	Clint Leger Jeff Piotrowski Steve Slavik Greg Weber	47.0	197
4 Mile Relay	Randy Shreckenbaugh Mike Tokar Steve Brant Dave Lemmon	21:15.5	197
Triple Jump	Bruce Powers	36' 4"	197





MLK RIVER SENIORS HIGH ALL TIME TRACK PERFORMANCES

100 Yard Dash

VARSIITY

1. Mike Lefebvre	10.1	1971
Jeff Hawkins	10.1	1974
2. Duane Lakoduk	10.2	1973
3. Brad Grupa	10.3	1976
Lloyd Gray	10.3	1956
4. Leo Carey	10.4	1960
Craig Hinrichs	10.4	1977
5. Frank Kopetka	10.5	1971
6. Bruce Powers	10.6	1976
7. Chuck Spear	10.8	1972
Clint Leger	10.8	1977
8. Steve McAlpine	10.9	1975
Mike Kless	10.9	1972

SOPHOMORE

1. Duane Lakoduk	10.6	1972
2. Clint Leger	10.8	1977
3. Craig Hinrichs	10.9	1976
4. Greg Weber	11.0	1977
5. Bruce Powers	11.1	1974
6. Scott Neek	11.4	1975
Greg Ebner	11.4	1976
7. Brian Kless	11.5	1973
8. Chad Briggs	11.6	1972
Larry Christensen	11.6	1973
Tim Knutson	11.6	1976
9. Grant Gongall	11.7	1975
Todd Scoffield	11.7	1977

220 Yard Dash

VARSIITY

1. Duane Lakoduk	23.2	1973
2. Dane Mattson	23.3	1970
3. Craig Hinrichs	23.4	1977
Rick Stehlay	23.4	1977
4. Leo Carey	23.6	1960
Steve McAlpine	23.6	1975
5. Bruce Powers	23.8	1976
6. Gallen Benson	23.9	1969
Elm Mattson	23.9	1973
Chuck Spear	23.9	1973
7. Mike Kless	24.0	1973
Dan Kollas	24.0	1977

SOPHOMORE

1. Rick Stehlay	23.4	1977
2. Clint Leger	24.4	1977
3. Brian Kless	24.5	1973
Steve Slavik	24.5	1977
4. Mike Lefebvre	24.7	1969
5. Bruce Powers	24.9	1974
6. Duane Lakoduk	25.0	1972
7. Steve McAlpine	25.6	1974
8. Greg Ebner	25.8	1976
9. Todd Scoffield	26.0	1977
10. Tim Knutson	26.5	1976

440 Yard Dash

VARSIITY

1. Gregg Skusa	51.5	1975
2. Walt Malmstrom	51.9	1966
3. Steve Brant	52.8	1975
4. Dan Kollas	53.1	1977
5. Tom McNair	53.6	1973
6. Steve Slavik	53.3	1977
7. Tom Weinhold	53.8	1977
8. Greg Weber	53.9	1977
9. Brian Kless	54.0	1975
Daryl Boyd	54.0	1975
10. Chuck Lefebvre	54.1	1973

SOPHOMORE

1. Steve Slavik	53.3	1977
2. Tom Weinhold	53.8	1977
3. Greg Weber	53.9	1977
4. Chuck Lefebvre	54.1	1973
5. Jeff Piotrowski	54.2	1977
6. Dan Kollas	55.0	1976
7. Kok Eldem	55.8	1974
8. Greg Barrett	56.4	1974
9. Ken Orvall	58.2	1970
10. Marlon Weber	58.6	1976



## 880 Yard Run

VARSIITY

1. Walt Malmstrom	1:54.0	1966
2. Steve Brant	2:00	1975
3. Mike Klantz	2:02	1973
4. Brian Klimz	2:03.6	1974
5. Kevin Palmer	2:03.8	1972
6. Ron Pouliot	2:03.9	1973
7. Tom Weinhold	2:05	1977
8. Mark Kraemer	2:05.7	1973
9. Daryl Boyd	2:06.3	1975
10. Russ Gesch	2:06.8	1977

SOPHOMORE

1. Tom Weinhold	2:05	1977
2. Russ Gesch	2:06.8	1977
3. Kevin Mulvaney	2:07.6	1973
4. Marlon Weber	2:07.9	1976
5. Shaun Friedrich	2:14.2	1977
6. Gordan Moldenhauer	2:14.8	1970
7. Bruce Tarnowski	2:16	1976
8. Greg Barrett	2:17.6	1974
9. Jim Bell	2:17.6	1975
10. Ross E. Anderson	2:18	1973
11. Mark Mulvaney	2:18.1	1969

## 1 Mile Run

VARSIITY

1. Ross E. Anderson	4:29.9	1971
2. Warren Hinkle	4:35.2	1974
3. Daryl Boyd	4:37.7	1975
4. Gregg Skuza	4:40	1975
5. Walt Malmstrom	4:42.2	1965
6. Mike Anderson	4:43.2	1974
7. Mark Kraemer	4:46	1973
8. Chris Dehn	4:48	1977
9. Dan Lemmon	4:50.4	1977
10. Steve Brant	4:52.8	1973

SOPHOMORE

1. Dan Lemmon	4:50.4	1977
2. Ross A. Anderson	4:51.7	1970
3. Steve Brant	4:52.8	1973
4. Steve Chouinard	4:56.6	1974
5. Mike Anderson	5:03	1972
6. Randy Lehn	5:04	1976
7. Warren Hinkle	5:04.2	1972
8. Tim Mulvaney	5:07.9	1976
9. Jamie Jackson	5:14.5	1976
10. Ross E. Anderson	5:17.3	1973

## 2 Mile Run

VARSIITY

1. Warren Hinkle	9:50.6	1974
2. Jamie Jackson	10:12.2	1977
3. Mike Anderson	10:14.5	1973
4. Greg Brant	10:18	1972
5. Gregg Skuza	10:21.1	1975
6. Dave Scribner	10:27.5	1969
7. Mike Luconic	10:47.9	1975
8. Curt Jacobsen	10:54.4	1968
9. Gordan Eaveling	10:58	1977
10. Steve Brant	11:02.6	1973

SOPHOMORE

1. Warren Hinkle	10:30.5	1972
2. Mike Luconic	10:47.9	1975
3. Jamie Jackson	10:59.8	1976
4. Steve Brant	11:02.6	1973
5. Mike Anderson	11:06.5	1972
6. Steve Chouinard	11:23	1974
7. Peter Clark	12:20	1976
8. Shaun Friedrich	12:25	1977
9. Bruce Tarnowski	12:33	1976

## Triple Jump

VARSIITY

1. Steve Smit	38' 4 1/2"	1974
2. Gerard Becker	37' 11"	1975
3. Kim Mattson	37' 4 1/2"	1973
4. Tom Konrad	36' 6"	1973
5. Bruce Powers	36' 1/2"	1974
6. John Kraljic	36' 2 3/4"	1977
7. Kevin Mattson	35' 5"	1977
8. Rick Stehlay	34' 8"	1977
9. Tim Knutson	29' 11"	1977

SOPHOMORE

1. Bruce Powers	36' 1/2"	1974
2. Rick Stehlay	34' 8"	1977



## HIGH JUMP

### VARSAITY

1. Jeff Hawkins	6'6"	1974
2. Gene Belanger	5'11 3/4"	1960
3. Jeff Schober	5'11"	1971
4. Bruce Anderson	5'10"	1973
5. Lynn Tebbenkamp	5'9"	1969
6. Mike Zahler	5'8"	1975
Tom Komrad	5'8"	1973
Tim Olson	5'8"	1976
Rick Steblay	5'8"	1977
7. Steve Dahms	5'6"	1972
Steve Smit	5'6"	1974
Gallen Benson	5'6"	1969
Tim Daniels	5'6"	1969

### SOPHOMORE

1. Jeff Hawkins	5'10"	1972
2. Bruce Anderson	5'8"	1971
Tim Olson	5'8"	1976
Rick Steblay	5'8"	1977
3. Tim Daniels	5'6"	1969
4. Tim Gesch	5'4"	1976
Terry Rask	5'4"	1976
Shaun Friedrich	5'4"	1977
5. Greg Barrett	5'2"	1974
6. Ross E Anderson	5'0"	1973
Russ Gesch	5'0"	1977

## LONG JUMP

1. Steve Smit	21'9 3/4"	1974
2. Frank Kopetka	21'9 1/2"	1971
3. Bryan Cornelius	20'9"	1960
4. Bill McAlpine	19'9 3/4"	1977
5. John Kraljic	19'3"	1977
6. Rick Kohler	19'2"	1971
7. Scott Meek	19'1 1/2"	1976
8. Bruce Powers	19'1"	1975
9. Larry Christensen	18'10"	1974
10. Nels Anderson	18'7 1/2"	1972

1. Steve Smit	19'10"	1972
2. John Kraljic	18'3"	1976
3. Jeff Piotrowski	17'3"	1977
4. Steve Slavik	17'2"	1977
5. Bruce Powers	17'1 1/2"	1974
6. Tim Olson	16'8 1/2"	1976
7. Brian Klemm	15'11 1/2"	1975
8. Clint Leger	15'9"	1977
9. Craig Hariche	15'3"	1976

## POLE VAULT

### VARSAITY

1. John Macintyre	12'9"	1966
2. Kim Mattson	12'0"	1973
Mike Zahler	12'0"	1975
Ross E Anderson	12'0"	1975
Pat Zahler	12'0"	1976
3. Brian Levasseur	11'6"	1976
4. Adin Briggs	11'0"	1972
Jan Mattson	11'0"	1971

### SOPHOMORE

1. Mike Zahler	11'6"	1975
2. Kim Mattson	11'0"	1971
3. Ross E. Anderson	10'6"	1973
4. Steve Green	10'0"	1977
Greg Zahler	10'0"	1977
5. Chad Briggs	9'0"	1972

## SHOT PUT

### VARSAITY

3. Wayne Becklin	53'2 3/4"	1972
2. Emory LaPointe	52'7"	1969
3. Randy Nielsen	51'2"	1972
4. Blaise Kraljic	50'1 1/2"	1972
5. Dennis Anderson	49'10 1/2"	1973
6. Cliff Anderson	47'8"	1975
7. Bruce Anderson	47'0"	1973
8. Dan Reents	46'8 3/8"	1974
9. Paul Zaboe	46'3"	1976
10. John Grimmer	44'0 1/2"	1977

### SOPHOMORE

1. Cliff Anderson	47'8"	1975
2. Kevin Illiff	40'4"	1977
3. Bob Helst	36'6"	1974
4. Curt Lewis	35'10"	1976
5. Trevor Daniels	35'0"	1972
6. Brian Kopecky	33'8"	1976
7. Tim Fast	33'6"	1974
8. Tim Fagguson	32'8"	1977



### 100 YARD HIGH HURDLES

#### VARSITY

1. Jeff Hawkins	14.4	1973
2. Steve Smit	14.8	1974
3. Rick Steblay	15.0	1977
4. Grant Hartman	15.1	1976
5. Dave Hetrick	15.8	1971
6. Gary Dreissig	15.9	1963
7. Shaun Friedrich	16.4	1977
8. Gallen Benson	17.0	1969
Tim Olson	17.0	1976
9. Chuck Lefebvre	17.5	1973
10. Mike Morgan	17.8	1977

#### SOPHOMORE

1. Jeff Hawkins	15.0	1972
Rick Steblay	15.0	1977
2. Steve Smit	16.4	1972
Shaun Friedrich	16.4	1977
3. Tim Olson	17.0	1976
4. Chuck Lefebvre	17.5	1973
5. Mike Morgan	17.8	1977
6. Reed Palmer	18.0	1972
7. Brad Grupa	19.6	1974
8. Grant Hartman	19.8	1974

### 180 YARD LOW HURDLES

#### VARSITY

Jeff Hawkins	19.3	1974
2. Brad Grupa	20.2	1976
3. Rick Steblay	20.3	1977
4. Steve Smit	20.6	1973
5. Dave Hetrick	21.2	1971
Grant Hartman	21.2	1976
Shaun Friedrich	21.2	1977
6. Emery LaPointe	21.5	1970
7. Mark Stellflug	21.7	1969
8. Dick Erickson	21.9	1966
9. Mike Morgan	22.3	1977

#### SOPHOMORE

1. Rick Steblay	20.3	1977
2. Jeff Hawkins	20.9	1972
3. Shaun Friedrich	21.2	1977
4. Mike Morgan	22.3	1977
5. Steve Smit	22.7	1972
6. Brian Klsma	23.0	1973
7. Tim Olson	23.1	1976
8. Marlon Weber	23.4	1976
9. Mike Lefebvre	23.7	1969
10. Grant Hartman	24.9	1974

### 330 INTERMEDIATE HURDLES

#### VARSITY

1. Jeff Hawkins	40.7	1974
2. Rick Steblay	41.6	1977
3. Shaun Friedrich	44.2	1977
4. Grant Hartman	44.3	1976
5. Mike Morgan	44.9	1977
6. Chuck Lefebvre	45.4	1973
7. Tim Olson	46.1	1976
8. Steve Rohlf	47.2	1972

#### SOPHOMORE

1. Rick Steblay	41.6	1977
2. Shaun Friedrich	44.2	1977
3. Mike Morgan	44.9	1977
4. Chuck Lefebvre	45.4	1973
5. Tim Olson	46.1	1976

### DISCUS

#### VARSITY

1. Paul Zabec	159'8"	1976
2. Randy Nielsen	155'5"	1972
3. Blaise Kraljic	142'5"	1972
4. Emery LaPointe	141'2"	1970
5. Ted Olson	137'9"	1962
6. Wayne Becklin	132'9 1/2"	1972
7. John Grimmer	132"	1976
8. Bruce Anderson	127'7"	1973
9. Brian Kopecky	126"	1977
10. Dan Reents	119'10"	1974

#### SOPHOMORE

1. Paul Zabec	119'9"	1974
2. Randy Nielsen	119'3"	1970
3. Cliff Anderson	114"	1975
4. Brian Kopecky	110"	1976
5. Jerry Polaschek	103'11"	1974
6. Mark Grimmer	103'3"	1977
7. Larry Christensen	97'5"	1973
8. John Kraljic	95'6 1/2"	1976
9. Reed Palmer	95'1"	1972





440 RELAY

VARSIITY

1. Dan Kolles Steve Slavik 45.9 1977  
Craig Hinrichs Clint Leger
2. Steve Smit Brian Klewz 46.7 1973  
Kim Mattson Bruce Anderson
3. Clint Leger Steve Slavik 47.07 1977  
Jeff Piotrowski Greg Weber
4. Duane Lakoduk Mike Klewz 47.2 1972  
Chuck Spear Steve Dahms
5. Bruce Powers Steve McAlpine 47.6 1974  
Greg Barrett Brad Grupa

SOPHOMORE

1. Clint Leger Steve Slavik 47.0 1977  
Jeff Piotrowski Greg Weber
2. Bruce Powers Steve McAlpine 47.6 1974  
Greg Barrett Brad Grupa
3. Dan Kolles Greg Ebner 47.7 1976  
Tim Olson Craig Hinrichs

880 RELAY

VARSIITY

1. Bruce Anderson Kim Mattson 1:33.7 1973  
23.9 24.6  
Chuck Spear Duane Lakoduk  
24.2 22.3
2. Craig Hinrichs J. Piotrowski 1:33.8 1977  
23.9 23.8  
Steve Slavik Dan Kolles  
23.3 22.8
3. Duane Lakoduk Chuck Spear 1:34.3 1972  
Mike Klewz Wayne Becklin
4. Bruce Powers Craig Hinrichs 1:35.1 1976  
Scott Meek Brad Grupa
5. Dan Kolles Steve Slavik 1:35.1 1977  
J. Piotrowski Craig Hinrichs

SOPHOMORE

1. Jeff Piotrowski Steve Slavik 1:37.4 1977  
24.3 24.0  
Jeff Stone Clint Leger  
25.3 25.0
2. Clint Leger J. Piotrowski 1:38.4 1977  
Steve Slavik Jeff Stone
3. Clint Leger Mike Morgan 1:40.1 1977  
J. Piotrowski Steve Slavik
4. Brian Klewz Chuck Lefebvre 1:41.7 1977  
Larry Christensen Steve Brant

SPRINT MEDLEY RELAY

VARSIITY

1. Daryl Boyd Gregg Skusa 3:35.1 1975  
50.6 1:57.8  
Bruce Powers Brian Klewz  
24.3 23.2
2. Jeff Hawkins Duane Lakoduk 3:41.4 1973  
24.0 22.9  
Chuck Spear Mike Klewz  
52.0 2:03.5
3. Duane Lakoduk Kim Mattson 3:44.6 1972  
Blaise Kraljic Ken Orwall
4. Frank Kopetka Wayne Becklin 3:45.2 1971  
Mike Lefebvre Kevin Falmer
5. J. Piotrowski Steve Slavik 3:47 1977

SOPHOMORE

1. J. Piotrowski Steve Slavik 3:49.3  
25.3 24.0  
Tom Weinhold Jeff Stone  
2:05.9 52.9
2. Mike Morgan Jeff Stone 3:56.3  
25.4 24.6  
Tom Weinhold Russ Gesch  
54.7 2:11
3. J. Piotrowski Steve Slavik 3:57.5  
Greg Weber Russ Gesch
4. Brian Klewz Chuck Lefebvre 4:01.5  
L. Christensen Kevin Mulvaney
5. Dan Kolles Greg Ebner 4:13.5



2 MILE RELAYVarsity

1. Daryl Boyd Gregg Skusa 8:12 1975  
2:02 2:01.8  
Brian Klemz Steve Brant  
2:04.9 2:02.8
2. Ross A Anderson Ron Pouliot 8:27.2 1972  
Ken Orwall Kevin Palmer
3. Ross A Anderson Ron Pouliot 8:40 1971  
Ken Orwall Kevin Palmer
4. Warren Hinkle Mike Anderson 8:40.1 1974  
Steve Brant Ross E Anderson
5. Russ Gesch Tom Weinhold 8:44.3 1977  
Shaun Friedrich Dan Lemmon

Sophomore

1. Russ Gesch Tom Weinhold 8:44.3 1975  
2:09.7 2:07.3  
Shaun Friedrich Dan Lemmon  
2:11.8 2:14.4
2. Larry Christensen Brian Klemz 8:56.8 1973  
Steve Brant Kevin Mulvaney
3. Shaun Friedrich Russ Gesch 9:21 1975  
Dan Lemmon Tom Weinhold
4. Steve Chouinard Bob Eiden 9:26.3 1975  
Greg Barnett Bob Helst
5. Pete Clark Tim Mulvaney 9:26.5 1975  
Randy Lehn Mark Leger

MILE RELAY

1. Steve Brant Gregg Skusa 3:26 1975  
52.3 51.8  
Daryl Boyd Brian Klemz  
50.5 51.4
2. Dan Kolles Tom Weinhold 3:30.2 1977  
J. Piotrowski Steve Slavik
3. Mike Klemz Rick Nelson 3:31.8 1973  
Tom McHair Chuck Lefebvre
4. Steve Slavik Tom Weinhold 3:34 1977  
J. Piotrowski Greg Weber
5. Brian Klemz Jeff Hawkins 3:34.8 1974  
Chuck Lefebvre Larry Christensen

1. Steve Slavik Tom Weinhold 3:34 1975  
53.0 54.0  
J. Piotrowski Greg Weber  
53.6 53.4
2. Rick Steblay Steve Slavik 3:37 1975  
J. Piotrowski Tom Weinhold
3. Steve Slavik Greg Weber 3:40.1 1975  
J. Piotrowski Rick Steblay
4. Greg Weber J Piotrowski 3:43 1975  
Dan Lemmon Steve Slavik
5. Craig Hinrichs Marlon Weber 3:45.9 1975  
Tim Mulvaney Dan Kolles

4 MILE RELAYVarsity

1. Daryl Boyd Mike Anderson 19:29 1974  
Steve Brant Warren Hinkle
2. Greg Brant Mike Smit 20:13.1 1972  
Warren Hinkle Mike Anderson
3. Chris Dehn Gordon Raveling 20:15.1 1977  
Jamie Jackson Dan Lemmon
4. Ross E Anderson Daryl Boyd 20:48 1975  
Gerard Beckner Mike Luconic
5. Steve Brant Mike Tokar 21:15.9 1973  
Randy Schreckenhaust Dave Lemmon

Sophomore

1. Steve Brant Dave Lemmon 21:15.9 1975  
Randy Schreckenhaust Mike Tokar

~~1972~~



**1978 SENIOR HIGH BOYS TRACK SCHEDULE**

March 17,18	Fri/Sat	Outstate Meet U. of Minnesota	Fri. 1:00 Sat. 9:30
March 27	Monday	Gold Country Classic (Top 2 from Outstate)	4:00
April 11	Tuesday	Park Cottage Grove Relays	3:15
April 15	Saturday	Buffalo Invitational	1:00
April 18	Tuesday	Double Duel Alex/ER at Wilmar 1	4:00
April 20	Thursday	Coom Rapids Invitational	4:30
April 24	Monday	Centennial Relays	4:00
April 25	Tuesday	ER vs. Little Falls at Elk River	4:00
May 2	Tuesday	St. Cloud Tech ER at Brainard	4:30
May 5	Friday	Soph Invite at ER	4:30
May 9	Tuesday	ER and Apollo at Cambridge	4:00
May 13	Saturday	Bloomington Track-O-Rama	All day
May 15	Monday	Sophomore Invite at Osseo	
May 18	Thursday	CENTRAL LAKES CONFERENCE MEET AT BRAINARD	3:00
May 22	Monday	ER vs Princeton at Elk River	4:30
May 25	Thursday	Centennial Invitational	5:00
May 31	Wednesday	Region IV AA Prelims/Finals at Macalester	
June 2	Friday	Region IV AA Finals at Macalester	
June 9,10	Fri/Sat	AA State Meet at St. Cloud Apollo	

