

1980

ELK RIVER

TRACK & FIELD

BOOKLET

1980 ELK RIVER SENIOR HIGH BOYS TRACK BOOKLET
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COACHES: Head Coach, Roland Jarvi
Assistants: Gunther Sagan Dave Staddon

CHAMPIONS

GREATNESS

COMES TO

THOSE THAT

DARE TO



SWEAT...

DARE TO

STRAIN...



AND DARE

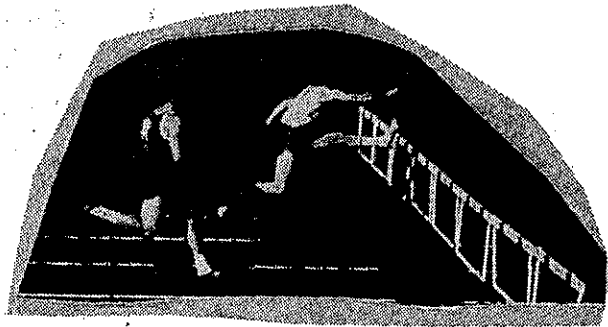
THE PAIN.



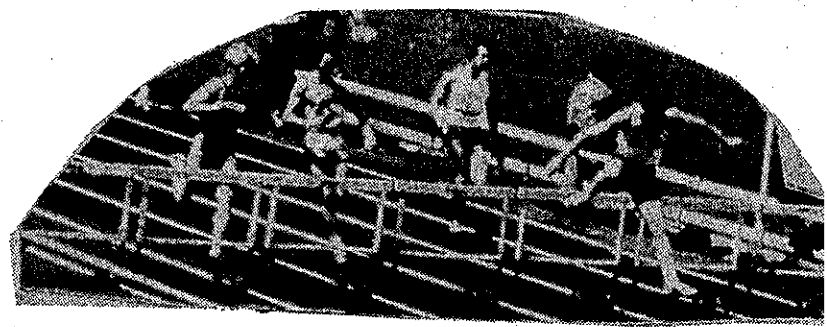
ELK RIVER TRACK & FIELD



Rick Steblay



Runner - Up
110 meter | hurdles

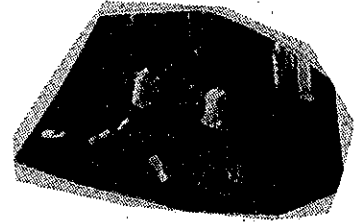
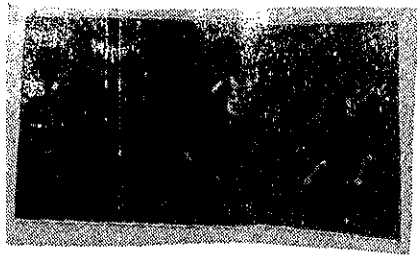


State Champion
300 meter hurdles

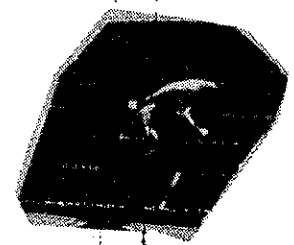
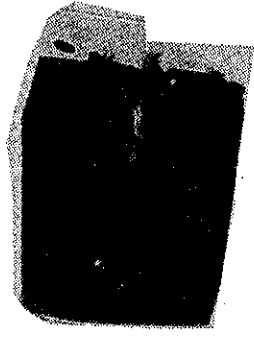
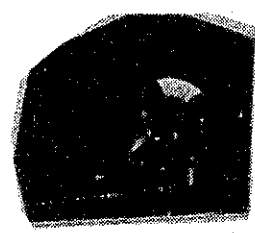
5TH PLACE STATE MEET

400 METER RELAY

Clint Leger, Mike Morgan, Steve Slavik, Jeff Stone



CONFERENCE CHAMPS



TRACK LETTER REQUIREMENTS

A. EARNING 20 POINTS IN THE FOLLOWING WAYS:

1. Setting a personal record (PR) earns 1 point.
2. Points earned in varsity meets count. Scoring 6-4-3-2-1 or 5-3-1

B. PLACING IN THE TOP 6 IN THE REGION EARNS A LETTER

C. SETTING 5 PERSONAL RECORDS IN ONE EVENT EARNS A LETTER

D. 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(S). TO DO THIS, COACHES FEEL YOU MUST BE SETTING REALISTIC GOALS.
2. ATTENDANCE AT PRACTICE AND MEETS IS MANDATORY. TWO (2) UNEXCUSED ABSENCES FROM PRACTICE WILL RESULT IN REMOVAL FROM THE TEAM. IF YOU MUST MISS PRACTICE AND HAVE A LEGITIMATE REASON, CALL MR. JARVI AT VANDERBILT 411-2512 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 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 WAS PERFORMED WELL AND CONTRIBUTED MUCH TO THE TEAM
4. OUTSTANDING FIELD EVENT GIVEN TO THE ATHLETE WHO IN THE COACHES ESTIMATION HAS PERFORMED AND CONTRIBUTED THE MOST IN A FIELD EVENT
5. OUTSTANDING TRACK EVENT GIVEN TO THE ATHLETE WHO IN THE COACHES ESTIMATION HAS PERFORMED AND CONTRIBUTED MOST 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
7. GOLD BATON AWARD GIVEN TO THE ATHLETE WHO IN THE COACHES ESTIMATION HAS CONTRIBUTED THE MOST TO THE SUCCESS OF THE RELAY TEAMS.

ELK RIVER BOYS TRACK HISTORY

According to records, Elk River's^o first track team was in 1939-40. There were a total of 2 lettermen for that season; D. Dalheimer and J. Perry. For the 1941-42 season Ron S^ass 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 the Long Jump.

By the end of the 1953-54 season, Elk River had 6 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. Gray set a new school record in the 100 yard dash with a time of 10.3. The 880 Relay team of Rod Leider, Sonny Anderson, Gene Sellon and Paul Ebner, placed first in the District 16 meet. The school year 1960-61 found the Elks awarding 14 letters. Of these letter winners, 5 were 9th graders and 1 was 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 3rd. The Mile Relay team also qualified for the state meet. The team consisted of Carl Demars, Walt Malmstrom, Dick Lenz and John MacIntyre. In the spring of 1966 Walt Malmstrom again qualified for the state track meet and again placed third. His time of 1 minute 54 seconds is not only still a school record, but still stands as one of the best 880s ever run in Minnesota. John MacIntyre qualified for the State Meet in the Pole Vault 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 Rum 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 leap of 21 ft 9½ in., and Mike Lefebvre who qualified in the 100 yard dash. 23 Letters were awarded in 1971.

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 Rum River Championship and District 16 runner-up. In 1973 the Elks again were the Rum River Champions. In addition they won the Rosemount Invitational, the Centennial Relays, the SLP Panther Invitational, the Sub-Region Class A meet and Region IV Class A Runner-up. This was the first year that the state track meet was split into classes and Elk River participated 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 Smit 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 the season showed the following: Rum-River Champions, Princeton Invite Champions, St. Paul Park Class S Champions, Sub-Region Class A Champions, Region IV Class A Champions and finally the Elks were the State Class A runner-up. The Elks had three state entrants. They were Jeff Hawkins, Steve Smit and Dan Reemts. Jeff won the High Hurdles in a time of 14.6, the Low Hurdles in 19.8 and made the finals of the 100 yard dash. Steve placed second in the High Hurdles in a time of 14.8, and second in the Long Jump with a leap of 21 ft. 9 ¾ inches. Dan Reemts 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 school records in the 2 mile relay (8:12) and the mile relay (3:26). 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. These are still school records today. In addition, Gregg Skuza broke the 440 dash record then held by Walt Malmstrom and now held by Jeff Miller. The Sprint Medley Relay and the Mile Relay both placed 4th in the state. Steve Brant qualified for the 880 yard run and made it to the finals. For the fourth year in a row the Elks were the Rum River Champions. This was the Elks last year in the Rum River Conference.

In 1976 the Elks found themselves in the Skyline Conference for the first and the last time. There wasn't any doubt that this was a tough Conference. The Elks had one of the youngest teams in recent years and this year proved to be a learning year for many. There were only 7 seniors on this team. Grant Hartman had a great year in the High Hurdles. Brad Grupa was selected as MVP, posted a time of 20.2 in the Low Hurdles.

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 Zabee. 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 139 ft 8 in. Lally, 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 1 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 440 Relay team of Dan Kolles, Craig Hinrichs, Steve Slavik and Clint Leger ran a time of 45.9 to break the old record of 1975. Although the Elks competed in one of the States toughest regions, they had several people qualify for the finals. Rick Stebaly in the High Hurdles and 220, Craig Hinrichs with a 5th place finish in the 220, and the 880 Relay team of Craig Hinrichs, Steve Slavik, Jeff Piotrowski and Dan Kolles placed 4th. The outlook for 1978 was a good one as few seniors graduated.

1978 was a Great Year! If you look at the competition and schedule of the Elks, you would have to say it was one of the Elks all-time best years. Not only was the Central Lakes tough, but meets like the Burnsville Relays, Coon Rapids Invitational, and Region IV AA pitted the Elks against some of the States Best. The Elks passed the test. Along the way the Elks broke 7 varsity records, with Bob Lashinski breaking the Pole Vault record which was one of the Elks oldest. Although a small group of sophomores participated, Doug Jarmoluk broke the triple jump record which was also a varsity record till John Kraljic broke it later. With a 4th place finish in the tough Region IV AA meet and a Central Lakes Championship, the Elks proved they could run with the best. Sr. Jeff Miller broke both the Elks 220 and 440 records, and qualified for the state in the 220. Rick Stebaly broke the Intermediate Hurdle record and ran well enough in the High Hurdles to earn him a 5th place in the State Class AA meet. Many of the Elks set PRs (Personal Records) during the year; and if you can measure success by how many people set PRs, the Elks had a very successful season. Many new goals will be waiting to challenge the Elks in 1979.

Injuries and success both dominated the 1979 season. Key injuries to Lettermen Jeff Piotrowski, Bob Lashinski, Tom Weinhold, Dan Lemmon and Shaun Friedrich dampened the teams chances for any Championships. On the other hand individual efforts by Rick Stebaly, Clint Leger, Jeff Stone, Steve Slavik, Mike Morgan and Mike Donahue brought them and the team successes. In the State Meet Rick Stebaly placed 2nd in the 110 Meter High Hurdles and 1st in the Intermediate Hurdles earning him and Elk River enough points for 5th place in the team standings. Ricks times during the year broke the Elk River Intermediate record and tied the 220 and High Hurdle records. The 440 Relay team of Steve Slavik, Jeff Stone, Mike Morgan and Clint Leger broke the school record, were Conference Champions and place 2nd in the Regions almost qualifying for the State meet. Sophomore Mike Donahue broke the school Triple Jump record, the Sophomore Long Jump record and tied the Sophomore High Jump record. In addition many other Elks contributed to the overall effort of the 1979 team. Again many PRs (Personal Records) were attained as the Elk Track athletes continued the great tradition of Elk River Track. Although 1980 will find the Elks without 14 of last years tracksters, tradition and hard work again will find the Elks striving for and reaching many new goals.

1956 REGION IV CHAMPIONS
DISTRICT 16 RUNNER-UP

1971 ST. FRANCIS INVITATIONAL CHAMPIONS
CENTENNIAL RELAYS CHAMPION

1972 RUM RIVER CONFERENCE CHAMPIONS
ST. FRANCIS INVITATIONAL CHAMPIONS
ROSEMOUNT INVITATIONAL CHAMPIONS
PRINCETON INVITATIONAL CHAMPIONS
DISTRICT 16 RUNNER-UP

1973 RUM RIVER CONFERENCE CHAMPIONS
CENTENNIAL RELAY CHAMPIONS
ROSEMOUNT INVITATIONAL CHAMPIONS
SPRING LAKE PARK PANTHER INVITATIONAL CHAMPIONS
SUB REGION CHAMPIONS
REGION IV A RUNNER-UP

1974 RUM RIVER CONFERENCE CHAMPIONS
PRINCETON INVITATIONAL CHAMPIONS
ST. PAUL PARK RELAYS CLASS 3 CHAMPIONS
SUB REGION CHAMPIONS
REGION IV A CHAMPIONS
CLASS A STATE RUNNER-UP

1975 RUM RIVER CONFERENCE CHAMPIONS

1977 CENTENNIAL RELAYS CHAMPIONS

1978 CENTRAL LAKES CONFERENCE CHAMPIONS
CENTENNIAL INVITATIONAL CHAMPIONS
BUFFALO INVITATIONAL CHAMPIONS

1979 CENTENNIAL INVITATIONAL CHAMPIONS
ST. FRANCIS INVITATIONAL CHAMPIONS
5TH PLACE STATE CLASS AA

1980 ????

PAST STATE TRACK ENTRANTS FROM ELK RIVER

<u>NAME</u>	<u>YEAR</u>	<u>EVENT</u>	<u>TIME OR DISTANCE</u>	<u>PLACE</u>
WALT MALMSTROM	1965	880 YARD RUN		3RD
CARL DEMARS W. MALMSTROM DICK LENZ JOHN MACINTYRE	1965	MILE RELAY		
WALT MALMSTROM	1966	880 YARD RUN	1:54.0	3RD
JOHN MACINTYRE	1966	POLE VAULT		
FRANK KOPEKA	1971	LONG JUMP	21 FT 9 $\frac{1}{2}$ IN	5TH
MIKE LEFEBVRE	1971	100 YARD DASH		
STEVE SMIT	1973	HIGH HURDLES LONG JUMP		
JEFF HAWKINS	1973	HIGH HURDLES LOW HURDLES	15.3 21.6	1ST 3RD
DAN REEMTS	1974	SHOT PUT		
STEVE SMIT	1974	HIGH HURDLES LOW HURDLES LONG JUMP	14.8 21 FT 9 $\frac{3}{4}$ IN.	2ND 2ND
JEFF HAWKINS	1974	HIGH HURDLES LOW HURDLES 100 YARD DASH	14.6 19.8 	1ST 1ST
STEVE BRANT	1975	880 YARD RUN		
BRIAN KLEMZ DARYL BOYD GREGG SKUZA BRIAN POWERS	1975	SPRINT MEDLEY	3:39	4TH
STEVE BRANT DARYL BOYD GREGG SKUZA BRIAN KLEMZ	1975	MILE RELAY	3:30	4TH
PAUL ZABEE	1976	DISCUS	159 FT 8 IN	3RD
JEFF MILLER	1978	220 YARD DASH		
RICK STEMLAY	1978	HIGH HURDLES	15.3	5TH
RICK STEBLAY	1979	HIGH HURDLES INTERMEDIATE H. 220 YARD DASH	14.7 39.2 22.7	2ND 1ST

PAST MVP OR TRACKMAN OF THE YEAR

1968 BOB HAWKINS
 1969 BOB HAWKINS
 1970 EMERY LAPOINTE
 1971 MIKE LEEBEBYRE
 1972 BLAISE KRALJIC
 1973 JEFF HAWKINS
 1974 JEFF HAWKINS
 1975 STEVE BRANT
 1976 BRAD GRUPE
 1977 DAN KOLLES
 1978 RICK STEBLAY
 1979 RICK STEBLAY

PAST CAPTAINS

1978 DAN KOLLES ORAN HENRICHS
 1979 TOM WEINERDOLD RICK STEBLAY
 1980

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 POINTS OR MORE DURING A SEASON.

100 POINT CLUB

Jeff Hawkins 148 1972
 Gregg Skuza 148 1975
 Rick Steblay 134 1978
 Dan Kolles 125 1978
 Steve Smit 124 1974
 Brad Grupa 119 1976
 Jeff Stone 115 1979
 Jeff Stone 110 1978
 Greg Weber 110 1979
 Rick Steblay 107 1977
 Steve Slavik 107 1979
 Brian Klems 105 1974
 Duane Lakoduk 103 1973
 Clint Lager 102 1978
 Steve Slavik 102 1978
 Wayne Becklin 100 1972

150 POINT CLUB

Steve Brant 177 1975
 Steve Smit 164 1973
 Daryl Boyd 160 1975
 Bruce Powers 152 1975
 Brian Klems 150 1975

200 POINT CLUB

Jeff Hawkins 202 1973
 Rick Steblay 208 1979
 Jeff Hawkins 235 1974