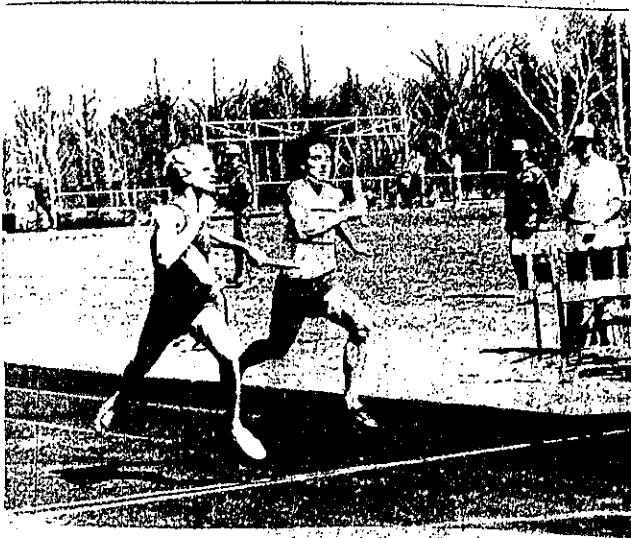


★ 1981 ★

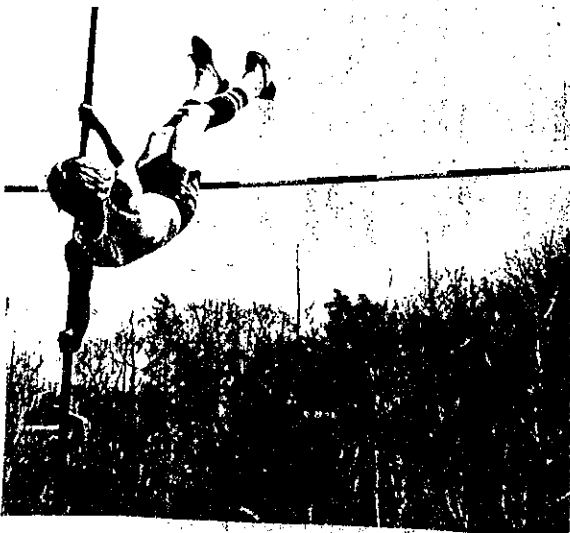
★ ELK RIVER ★

TRACK



&

FIELD



# CHAMPIONS

GREATNESS

COMES TO

THOSE THAT

DARE TO



SWEAT...

DARE TO

STRAIN...



AND DARE

THE PAIN.



## ELK RIVER BOYS TRACK HISTORY

According to records, Elk Rivers' first track team was competing in 1939-40. There were a total of 2 lettermen on that team; D. Dalheimer and J. Perry. For the 1941-42 season, Ron Sess who is now the head coach of White Bear Lake Track, 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 4 track lettermen. In the 1955-56 season, 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 Linder, Sonny Anderson, Gene Sallon, and Paul Ebner placed first in the District 16 meet. The school year of 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 meet. Walt Malmstrom qualified in the 880 yard run and placed 3rd. The mile relay team also qualified for the state meet. The team was made up of Carl DeHars, Walt Malmstrom, Dick Lenz and John MacIntyre. In the spring of 1966 Walt Malmstrom again qualified for the state track meet and again placed 3rd. His time of 1 minute 54 seconds is not only still an Elk River school record, but still stands as one of the best 880s ever run in Minnesota. Also Qualifying for the state meet was John MacIntyre in the Pole Vault. However, he 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 leap of 21 ft 9 1/2 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 Run River Championship and placed 2nd in the District 16 meet. In 1973 the Elks again were the Run River Champions. In addition they won the Rosemount Invitational, the Centennial Relays, the Spring Lake Park Panther Invitational, the Sub-Region Class A meet and the runner-up spot in the Region IV class A meet. 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 couldn't 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 results: Run-River Champions, Princeton Invitational Champions, St. Paul Park Class S Champions, Sub-Region Class A Champions, Region IV Class A Champions and finally State Class A Runner-up. The Elks had 3 state entrants. Jeff Hawkins, Steve Smit and Dan Reents. Jeff won the High Hurdles in a time of 14.6, the low hurdles in 19.8 and made the finals in 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 3/4 inches. Dan Reents qualified in the Shot Put. In 1974 the Elks broke 6 school records.

1975 was a year of surprises. The Elks turned out some of the best relay times in the state. Gregg Skusa, 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 Skusa broke the school record in the Sprint Medley Relay with a time of 3:35.1. In addition, Gregg Skusa broke the 440 dash record held up to that time by Walt Malmstrom. The Sprint Medley Relay team and the Mile Relay team both placed 4th in the state meet. Steve Brant qualified in the 880 yard run and made it to the finals. For the fourth year in a row, the Elks were Run River Champions. This was the Elks last year in the Run 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 their youngest teams and it proved to be a learning experience for most team members. Only 7 seniors participated 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, was the Conference Champion in the low hurdles and placed in the Regionals. He also ran a 10.3 100. By far the best performance of the year came from Paul Zabes. Not only did he break the

AA meet with a toss of 159 ft 8 in. Lastly, this was also the year that Bill Winter after 6 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. Secondly, 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 tied. Interesting enough was the fact that they were all running events. The experience from the Jr. 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 winning some other meets. One varsity record was broken. The 4x0 Relay team of Dan Kollas, Craig Hincichs, Steve Slavik and Clint Lager ran a time of 45.9 to break the old record. Although the Elks competed in one of the states' toughest regions, they had several people qualify for the State, some of which were seniors. The outlook for 1978 was promising.

1978 was a great year! If you look at the competition and schedule, you might have to say it was one of the Elks all-time great seasons. Not only was the Central Lakes Conference tough, but meets like the Burnsville Relays, Coon Rapids Invitational, and Region IV AA meet pitted the Elks against some of the States best. The Elks passed the test. Along the way 7 varsity records were broken, with Bob Lashinski breaking the Pole Vault record which was one of the Elks oldest. Although a small group of sophomores participated, Doug Janselut broke the triple jump record which was also a varsity record until John Kraljic broke it later. With a 4th place finish in the tough Region IV AA meet and a first place finish in the Central Lakes Conference, the Elks proved that they could run with the best. Senior Jeff Miller broke both the Elks 220 and 4x0 records, and qualified for the state meet in the 220. Rick Steblay 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 Letterman Jeff Piotrowski, Bob Lashinski, Tom Wainhold, Dan Lawson and Shaun Friedrich dampened the teams chances for any championships. On the other hand individual efforts by Rick Steblay, Clint Lager, Jeff Stone, Steve Slavik, Mike Morgan and Mike Donahue brought them and the team success. In the State Meet Rick Steblay placed 2nd in the 110 Meter High Hurdles and 1st in the Intermediate Hurdles earning him and Elk River enough points for a 5th place in the team standings. Rick's times during the year broke the Intermediate Hurdle record, and tied the 220 and High Hurdle records for the Elks. The 4x0 Relay team of Steve Slavik, Jeff Stone, Mike Morgan and Clint Lager broke the school record, were conference champs and placed 2nd in the Region 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 were attained by the Elks as they continued the great tradition of Elk River Track Teams. Although 1980 will find the Elks without 14 of last years tracksters, tradition and hard work again will find the Elks starting fast, and reaching many new goals.

1980 found the Elks with few in numbers and few in experience. The highlights of the year were the records broken and tied, and Mike Donahue's 7th place finish in the state track meet in the Long Jump. Steve Lye broke both the Sophomore 1 and 2 mile records, Keith Bernard the Sophomore Intermediate Hurdle record, Brett Hougland the Sophomore 220 record, Jon Smith the Sophomore Discus record, Lance Hougland the varsity 220 record, Mike Donahue the Varsity Triple Jump record and Jeff Zennis tying the Varsity Pole Vault record. With assistant coach Colin Anderson working towards an Olympic team berth, Dave Stadden took over assistant coach duties and did a fine job. The Elks should be returning a strong nucleus for the 1981 season. With a little more depth, the Elks could be contenders in 1981.

## 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 6-1-3-2-1 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. SENIORS IN THEIR FIRST YEAR OUT WHO DO NOT HAVE ANY UNEXCUSED ABSENCES FROM PRACTICE OR MEETS.
- E. 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.
- F. COACHES MAY ADJUST LETTER REQUIREMENTS DUE TO INJURY, ILLNESS OR UNFORSEEN CIRCUMSTANCES.
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## COACHING STAFF EXPECTATIONS AND REQUIREMENTS

1. YOU WILL BE STRIVING TO REACH YOUR MAXIMUM POTENTIAL IN YOUR EVENT(S). 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 RESULT IN REMOVAL FROM THE TEAM. IF YOU MUST MISS PRACTICE AND HAVE A LEGITIMATE REASON, CALL MR. JARVI AT VANDENBERG 441-2512 OR AT HOME 427-6022; OR CONTACT MR. ANDERSON OR MR. SAGAN AT THE SENIOR HIGH.
  3. MINNESOTA STATE HIGH SCHOOL LEAGUE RULES FOR ELIGIBILITY MUST BE FOLLOWED.
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## 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 HAS PERFORMED VERY 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 THE 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.

PAST MVP OR TRACKMAN OF THE YEAR

1968 BOB HANKINS  
 1969 BOB HANKINS  
 1970 HOWRY LAPOTKIE  
 1971 MIKE LEREBYRN  
 1972 BLAISH KRALJIC  
 1973 JEFF HANKINS  
 1974 JEFF HANKINS  
 1975 STEVE BRANT  
 1976 BRAD GRUFA  
 1977 DAN KOLLES  
 1978 RICK STEBLAY  
 1979 RICK STEBLAY  
 1980 Brian Goldman

PAST CAPTAINS

1975 DAN KOLLES CRAIG HERRICKS  
 1979 DON WENDELO RICK STEBLAY  
 1980 None  
 1981

POINTS CLUB

SINCE BOOKING DURING THE SEASON IS BASED ON THE 6-2-3-2-1 and 5-3-1 SYSTEM, IT IS GIVEN 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 Hankins 148 1972  
 Gregg Stone 118 1975  
 Rick Steblay 134 1978  
 Dan Kollen 125 1978  
 Steve Suit 124 1976  
 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 Kless 105 1978  
 Donna Lakofnik 103 1975  
 Gary Lager 102 1978  
 Steve Slavik 102 1978  
 Bryan Hanklin 100 1978

150 POINT CLUB

Steve Brant 177 1975  
 Steve Suit 164 1973  
 David Boyd 160 1975  
 Bruce Powers 152 1975  
 Brian Kless 150 1975

200 POINT CLUB

Jeff Hankins 202 1973  
 Rick Steblay 206 1979  
 Jeff Hankins 235 1976

1956 REGION IV CHAMPIONS  
DISTRICT 15 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 PAINTERS INVITATIONAL CHAMPIONS  
SUB REGION CHAMPIONS  
REGION IV A RUNNER-UP

1974 RUM RIVER CONFERENCE CHAMPIONS  
PRINCETON INVITATIONAL CHAMPIONS  
ST. PAUL PARK RELAYS CLASS B 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

1981

PAST STATE TRACK CHAMPIONS FROM ELK RIVER

NAME	YEAR	EVENT	TIME OR DISTANCE	PLACE
WALT MALMSTROM	1965	880 YARD RUN		3RD
CARL DENNIS W. MALMSTROM DICK LENSE JOHN MACINTYRE	1965	MILE RELAY		
WALT MALMSTROM	1966	880 YARD RUN	1:54.0	3RD
JOHN MACINTYRE	1966	POLE VAULT		
FRANK HOUTZEL	1971	LONG JUMP	21 FT 9 1/2 IN.	5TH
MIKE LEWENYER	1971	100 YARD DASH		
STEVE SMIE	1973	HIGH HURDLES LONG JUMP		
JEFF HAWKINS	1973	HIGH HURDLES LOW HURDLES	15.3 21.6	1ST 3RD
DAN BRADIS	1974	SHOT PUT		
STEVE SMIE	1974	HIGH HURDLES LOW HURDLES LONG JUMP	14.8 21 FT 9 3/4 IN.	2ND 3RD
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 REDZA BRIAN POWERS	1975	SPRINT MEDLEY	3:39	1ST
STEVE BRANT DARYL BOYD GREGG REDZA BRIAN KLEMZ	1975	MILE RELAY	3:30	1ST
PAUL ZAHNE	1976	DISCUS	159 FT 4 IN.	3RD
JEFF MILLER	1978	220 YARD DASH		
BUCK STEGLAY	1978	HIGH HURDLES	15.3	5TH
BUCK STEGLAY	1979	HIGH HURDLES INTERMEDIATE H. 220 YARD DASH	14.7 39.2 22.7	2ND 3RD
Mike Donohue	1980	Long Jump	21 FT 1 1/2 IN.	7th



MILK RIVER MONITOR HIGH ALL-TIME TRACK AND FIELD  
PERFORMANCES

VARSITY 100 YD. DASH				SOFRN. 100 YD. DASH			
		MEETRIC	YEAR			MEETRIC	YEAR
1. Mike Lafabere	10.1	10.9	1971	1. Duane Lakoduk	10.6	11.4	1972
Jeff Hawkins	10.1	10.9	1974	2. Lance Hoaglund	10.7	11.5	1979
2. Duane Lakoduk	10.2	11.0	1973	3. Clint Leger	10.8	11.6	1977
3. Brad Grupa	10.3	11.1	1976	Howard Hodge	10.8	11.6	1979
Aloyd Gray	10.3	11.1	1956	4. Craig Hinrichs	10.9	11.7	1976
4. Leo Carey	10.4	11.2	1960	5. Brett Hoaglund	11.0	11.8	1980
Clint Leger	10.3	11.1	1978	Greg Weber	11.0	11.8	1977
Craig Hinrichs	10.4	11.2	1977	Gary Kolles	11.0	11.8	1980
5. Frank Kopetka	10.5	11.3	1973	6. Bruce Powers	11.1	11.9	1974
Lance Hoaglund	10.5	11.3	1980	Don Bennett	11.1	11.9	1978
6. Bruce Powers	10.6	11.4	1976	Jon Hines	11.1	11.9	1980
Bill Malpinus	10.6	11.4	1978	7. Steve Olson	11.3	12.1	1979

VARSITY 220 YD. DASH				SOFRN. 220 YD. DASH			
1. Lance Hoaglund	22.7	22.6	1980	** 1. Brett Hoaglund	22.8	22.7	1980
2. Jeff Miller	22.8	22.7	1978	2. Rick Steblay	23.4	23.3	1977
Rick Steblay	22.8	22.7	1979	3. Keith Barnier	23.7	23.6	1980
3. Duane Lakoduk	23.2	23.1	1973	4. Lance Hoaglund	24.3	24.2	1979
4. Dan Mattson	23.3	23.2	1970	5. Clint Leger	24.4	24.3	1977
5. Craig Hinrichs	23.4	23.3	1977	6. Brian Klenz	24.5	24.4	1973
Steve Slavik	23.4	23.3	1978	Steve Slavik	24.5	24.4	1977
Clint Leger	23.4	23.3	1979	Howard Hodge	24.5	24.4	1979
6. Leo Carey	23.6	23.5	1960	7. Mike Lafabere	24.7	24.6	1969
Steve Malpinus	23.6	23.5	1975	8. Bruce Powers	24.9	24.8	1974
7. Keith Barnier	23.7	23.6	1980	Gary Kolles	24.9	24.8	1980

VARSITY 440 YD. DASH				SOFRN. 440 YD. DASH			
1. Jeff Miller	50.8	50.5	1978	1. Steve Slavik	53.3	53.0	1977
2. Gregg Skusa	51.5	51.2	1975	2. Tom Weinhold	53.8	53.5	1977
3. Walt Malmstrom	51.9	51.6	1966	3. Greg Weber	53.9	53.6	1977
4. Greg Weber	52.0	51.7	1979	4. Chuck Lafabere	54.1	53.8	1973
5. Jeff Stone	52.2	51.9	1970	5. Jeff Piotrowski	54.2	53.9	1977
6. Tom Weinhold	52.3	52.0	1978	6. Howard Hodge	54.3	54.0	1979
7. Steve Slavik	52.4	52.1	1978	7. Tom Michlitsch	54.6	54.3	1980
8. Dan Bennett	52.8	52.5	1980	8. Dan Kolles	55.0	54.7	1976
Steve Brant	52.8	52.5	1975	9. Dan Bennett	55.5	55.2	1978
9. Dan Kolles	53.1	52.8	1977	10. Bob Bidem	55.8	55.5	1974

VARSITY 880 YD. RUN				VARSITY 880 YD. RUN			
1. Walt Malmstrom	1:51.0	1:53.3	1966	1. Tom Weinhold	2:05	2:04.3	1977
2. Tom Weinhold	1:59.0	1:58.3	1978	2. Russ Geech	2:06.8	2:06.1	1977
3. Steve Brant	2:00	1:59.3	1975	3. Duane Smith	2:07.5	2:06.8	1980
4. Mike Klenz	2:02	2:01.3	1973	4. Kevin Malvarny	2:07.6	2:06.9	1973
5. Russ Geech	2:03	2:02.3	1978	5. Marlon Weber	2:07.9	2:07.2	1976
6. Brian Klenz	2:03.6	2:02.9	1974	6. Shawn Friedrich	2:11.2	2:13.3	1977
7. Kevin Palmer	2:03.8	2:03.1	1972	7. Gordon Waldehausen	2:14.8	2:14.1	1970
8. Mark Kraemer	2:05.7	2:05	1973	8. Bruce Tarnowski	2:16	2:15.3	1976
Marlon Weber	2:05.7	2:05	1978	9. Greg Barrett	2:17.6	2:16.9	1971
9. Darryl Boyd	2:06.3	2:05.6	1975	10. Jim Bell	2:17.6	2:16.9	1975

\*\* Goes with number 2 Varsity

VARSITY ONE MILE RUNMETRIC

1. Ross A. Anderson	4:29.9	4:28.8	1971
2. Warren Hinkle	4:35.2	4:34.1	1974
3. Daryl Boyd	4:37.7	4:35.6	1975
4. Dan Lemmon	4:39.1	4:38	1979
5. Gregg Skuza	4:40	4:38.9	1975
6. Walt Malantsov	4:42.2	4:41.1	1965
7. Mike Anderson	4:43.2	4:42.1	1974
8. Russ Gosch	4:45.9	4:44.8	1979
9. Mark Kraemer	4:46	4:44.9	1973
10. Steve Bye	4:46.3	4:45.2	1980

SOPH. 1 MILE RUNMETRIC

1. Steve Bye	4:45.3	4:45.2	1980
2. Dan Lemmon	4:50.4	4:49.3	1977
3. Ross A. Anderson	4:51.7	4:50.6	1970
4. Steve Brent	4:52.8	4:51.7	1973
5. Steve Chalmard	4:55.6	4:55.5	1974
6. Mike Anderson	5:03	5:01.9	1972
7. Ready Lahn	5:04	5:02.9	1976
8. Warren Hinkle	5:04.2	5:03.1	1972
9. Tim Mulvaney	5:07.9	5:06.8	1976
10. Jamie Jackson	5:14.5	5:13.4	1976

VARSITY 2 MILE RUN

1. Warren Hinkle	9:50.6	9:48.4	1974
2. Jamie Jackson	10:12.2	10:10	1977
3. Mike Anderson	10:14.5	10:12.3	1973
4. Greg Brent	10:18	10:15.8	1972
5. Steve Bye	10:19.9	10:17.7	1980
6. Gregg Skuza	10:21.1	10:18.9	1975
7. Dan Lemmon	10:21.8	10:19.6	1979
8. Dave Scribner	10:27.5	10:25.3	1969
9. Jeff Travis	10:45.9	10:43.7	1980
10. Mike Iaconic	10:47.9	10:45.7	1975

SOPH. 2 MILE RUN

1. Steve Bye	10:19.9	10:17.7	1980
2. Warren Hinkle	10:30.5	10:28.3	1972
3. Mike Iaconic	10:47.9	10:45.7	1975
4. Jamie Jackson	10:59.8	10:57.6	1976
5. Steve Brent	11:02.6	11:00.4	1973
6. Mike Anderson	11:06.5	11:04.3	1972
7. Steve Chalmard	11:23	11:20.8	1974
8. Mike Day	11:32.2	11:30	1979
9. Jeff Ruiz	11:36.1	11:33.9	1978
10. Gary Weber	11:59	11:56.8	1978

VARSITY 120 YD HIGH HURDLES

1. Jeff Hawkins	14.4	14.4	1973
Rick Steblay	14.4	14.4	1979
2. Steve Smit	14.8	14.8	1974
3. Grant Hartman	15.1	15.1	1976
4. Shaun Friedrich	15.2	15.2	1979
5. Dave Hetrick	15.8	15.8	1971
6. Gary Dreisig	15.9	15.9	1963
7. Callen Hanson	17.0	17.0	1969
Mike Morgan	17.0	17.0	1978
Tim Olson	17.0	17.0	1976
8. John Schmidt	17.1	17.1	1980

SOPH. 120 YD HIGH HURDLES

1. Jeff Hawkins	15.0	15.0	1972
Rick Steblay	15.0	15.0	1977
2. Steve Smit	16.4	16.4	1972
Shaun Friedrich	16.4	16.4	1977
3. Tim Olson	17.0	17.0	1976
4. Chuck Lafeyvre	17.5	17.5	1973
5. Keith Barnier	17.6	17.6	1980
6. Mike Morgan	17.8	17.8	1977
7. Doug Jaxwoluk	17.9	17.9	1978
8. Reed Palmer	18.0	18.0	1972
9. John Schmidt	19.0	19.0	1978

VARSITY 160 YD LOW HURDLES

1. 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. Emory LaPointe	21.5	1970
7. Mark Stellflug	21.7	1969
8. Dick Erickson	21.9	1966

SOPH. 160 YD LOW HURDLES

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 Klemz	23.0	1973
7. Tim Olson	23.1	1976
8. Marlon Weber	23.4	1976
9. Mike Lafeyvre	23.7	1969
10. Grant Hartman	24.9	1974