

'82'

ELK RIVER HIGH SCHOOL

Boys Track



and field

ELK RIVER BOYS TRACK HISTORY

According to records, Elk River's first track team was competing in 1939-40. There were a total of 2 lettermen on that team; D. Balhoffer and J. Perry. For the 1941-42 season, Ken Saus who is now the head coach of White Bear Lake Track, was a member of the 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 55-56 season, the track team was very powerful. They placed 2nd in the District 16 and were the Region IV Champions. Two of the outstanding performances were by Lloyd Gray and the 300 Relay team. Gray set a new school record in the 100 yard dash with a time of 10.3. The 300 Relay team of Lloyd Gray, Billie Hanks, Gene Jellen, and Paul Meyer placed first in the District 16 meet. The Elks had 14 letter winners in 1960-61. Of these lettermen, 5 were 9th graders and 1 was an 8th grader.

The 1965 track team advanced two entrants to the state meet. Valt Malmstrom qualified in the 300 yard run and placed 3rd. The Mile Relay team also qualified for the state meet. The team was made up of Carl Deffars, Valt Malmstrom, Dick Lens, and John MacIntyre. In the spring of 1966 Valt 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 300s 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 Rum River Conference. The Elks also had two entrants at the State Track meet. They were Frank Kopecka who placed 5th in the Long Jump with a leap of 22 ft 9 in, and Mike Lafabvre 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 Conference and placed 2nd in the District 16 meet.

In 1973 the Elks again were the Rum River Champions. In addition they won the Rosemount Invitational, the Centennial Relays, the Spring Lake Park Panther Invite, 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 the Class A meet with two state entrants. They were Jeff Hawkins who won the High Hurdles and placed 3rd in the low hurdles; and Steve Sait who qualified in the High Hurdles and Long Jump but could not compete because of bad hamstring pull. The 1973 team broke 12 school records.

The 1974 season was the best yet for the Elks. Team results were: Rum River Champions, Princeton Invitational Champions, St. Paul Park Class S Champions, Sub-Region Class A Champions, Region IV A Class A Champions and State Class A runner up. The Elks had 3 state entrants; Jeff Hawkins, Steve Sait and Dan Reents. Jeff won the High Hurdles in a time of 14.6, the Low Hurdles in 19.3 and made the finals of the 100 yard dash. Steve placed second in the High Hurdles in a time of 14.3 and second in the Long Jump with a leap of 21 ft 9 3/4 inches. Dan Reents qualified in the Shot Put. The Elks broke 6 school records that year.

1975 was a year of surprises. The Elks turned out some of the best relay times in the state. Greg, Stusa, Daryl Hoyt, Brian Klenz and Steve Brant broke school records in the 2 Mile relay (8:12) and the Mile relay (3:26). Bruce Powers, Brian Klenz, Daryl Hoyt and Greg, Stusa broke the School Record in the Sprint Medley relay with a time of 3:35.1. These are still school records. The Sprint Medley relay team and the Mile relay team both placed 4th in the State Meet. Steve Brant qualified for the finals of the 300 Yard run. For the 4th year in a row the Elks were the Rum River Champions and it was also the last year for the Elks to be in the Rum River Conference.

In 1976 the Elks found themselves in the Skyline Conference for the first time and the last time. There was no 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 of the team. Only 7 seniors participated this year. Grant Hartman had a great year in the High Hurdles. Brad Gump 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. 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 3rd in the State Class 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 which was the fact that the Elks would not be in a conference. Second, the Elks had two new coaches; the Head Coaching position went to Rollie Jarvi while Colin Anderson one of the top ranked Shot Putters in the U.S. took over Shot and Discus duties for both the boys and girls. Finally, this was the year of the Soph. II Sophomores records were broken and I was tied. The experiences from the junior high and the hard work during this season paid off. The Elks won the Centennial Invitational and came within a point of several other meets. One varsity record was broken. The 4x100 Relay team of Don Lelles, Steve Slavik, Craig Hinrichs and Clint Leger clocked a time of 45.9. The Elks competing in one of the top Regions in the state, qualified several people for the finals, all who were underclassmen. 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 pitted the Elks against some of the states best. The Elks passed the test. Along the way 7 varsity records were broken, with the oldest Elk record in the Pole Vault being broken by Rob Lubinski with a first place finish in the Central Lakes Conference and a 4th place finish in Region IV, the Elks proved they could run with the best. Senior Jeff Miller broke both the Elks 220 and 400 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 had 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 5 key lettermen dampened the team's chances for any championships. On the other hand individual efforts by several other people brought them and the team success. In the State Meet, Rick Steblay placed 2nd in the 400 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 broke his own Intermediate Hurdle school record and tied the 220 and High Hurdle record. The 4x100 Relay team of Steve Slavik, Jeff Stone, Mike Morgan and Clint Leger also broke the school record, were conference champs and placed 2nd in the Region IV meet. Mike Donahue broke the school record in the triple jump; broke the Sophomore Long Jump record and tied the High Jump record. In addition many other Elks contributed to the overall effort of the 1979 team. Again many PRs were attained to the great tradition of Elk River Track Teams continued. Although 1980 will find the Elks without 1/3 of last years tracksters, tradition and hard work again will find the Elks striving for, and reaching many new goals.

1980 found the Elks with few in numbers and few in experience. The highlights of the year were Elks records broken and tied, and Mike Donahue's 7th place finish in the state track meet, in the long jump. Steve Iye broke the Sophomore 1 and 2 mile records, Keith Barnier the Soph. Intermediate Hurdle record, Bret Hoeglund the Soph. 200 record, Jon Smith the Soph Discus Record, Lance Hoeglund the Varsity 200 record, Mike Donahue the Varsity Triple Jump record and Jeff Kervan tying the Varsity Pole Vault record. With Colin Anderson training towards an Olympic team berth, Dave Stadden took over assistant coaching 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.

The 1981 season found the Elks starting slow and finishing strong. At the end of the season, the Elks had placed second in the Central Lakes, 2nd in the Chieftan Invitational, 4th in the Region and had 5 people in 3 events at the state track meet. They were Mike Donahue in the Long Jump, Keith Barnier in the Intermediate Hurdles, and the 4x100 Relay team of Mike Donahue, Ray Schreckenghaust, Bret Hoeglund and Lance Hoeglund. The 1981 Elks broke 4 varsity records and tied one; and broke 2 Sophomore records. Mike Donahue broke the Long Jump and Triple Jump Varsity records, Bret Hoeglund the Varsity 200 record, the 400 and 800 Relay teams both broke Varsity records and Pat Carr broke the Soph 400 record while Ray Schreckenghaust broke the Soph. long jump record. With the loss of only 6 seniors the Elks are looking forward to 1982.

LETTER REQUIREMENTS**

1. EARNING 20 POINTS IN THE FOLLOWING WAYS:
 - a. Setting a personal record (PR) earns 1 point.
 - b. Points earned in varsity meets count. Scoring 6-4-3-2-1 or 5-3-1
2. PLACING IN THE TOP 6 IN THE REGION EARNS A LETTER.
3. SETTING 5 PERSONAL RECORDS IN ONE EVENT EARNS A LETTER.
4. SENIORS IN THEIR FIRST YEAR OUT WHO DO NOT HAVE ANY UNEXCUSED ABSENCES FROM PRACTICE OR MEETS.
5. COACHES RESERVE THE RIGHT TO WITHOLD LETTERS FROM ATHLETES WHO DISPLAY CONDUCT AND/OR ATTITUDES DETRIMENTAL TO THE TRACK TEAM., REGARDLESS OF THE NUMBER OF POINTS EARNED DURING THE SEASON.
6. COACHES MAY ADJUST LETTER REQUIREMENTS DUE TO INJURY, ILLNESS OR UNFORSEEN CIRCUMSTANCES.

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 441-2542 OR AT HOME 427-6022; OR CONTACT MR. SAGAN AT SENIOR HIGH.
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 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
8. MOST PRs GIVEN TO THE ATHLETE WHO HAS ACCUMULATED THE MOST PERSONAL RECORDS POINTS DURING THE SEASON

PAST MVP OR TRAINMAN OF THE YEAR

1968 BOB HAWKINS
 1969 BOB HAWKINS
 1970 EMMETT LAPOENNE
 1971 MIKE LINTHURNE
 1972 BLAISE KRALJIC
 1973 JEFF HAWKINS
 1974 JEFF HAWKINS
 1975 STEVE BRANT
 1976 BRAD GRUFA
 1977 DAN KOLLIES
 1978 RICK STEBLAY
 1979 RICK STEBLAY
 1980 BRIAN COLNEMAN
 1981 MIKE DONAHUE

PAST CAPTAINS

1978 DAN KOLLIES CRAIG HENRICHES
 1979 TOM WEINIGOLD RICK STEBLAY
 1980 NONE
 1981 GUY TRENNLEY LANCE BOAGLUND
 MIKE DONAHUE
 1982 ????

STEVE 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 THE TRACK SEASON. THEREFORE WE HAVE ESTABLISHED A POINTS CLUB FOR ANY TRACK ATHLETE WHO HAS EARNED 100 POINTS OR MORE DURING THE SEASON IN MEETS.

100 POINTS CLUB

JEFF HAWKINS 118 1972
 GREGG SICOZA 118 1975
 LANCE BOAGLUND 113 1981
 RAY SCHRECKENBACH 135 1981
 RICK STEBLAY 134 1978
 RYAN BOAGLUND 132 1981
 DAN KOLLIES 125 1978
 STEVE SMIT 124 1974
 BRAD GRUFA 119 1976
 JEFF STONE 115 1979
 JEFF STONE 110 1978
 GREG WEBER 110 1979
 RICK STEBLAY 107 1977
 STEVE SLAVIK 107 1978
 BRIAN KLIMZ 105 1974
 DEANE LAKOBUK 103 1975
 CLINT LEBER 102 1978

150 POINT CLUB

Steve Brant 177 1975
 STEVE SMIT 164 1973
 RAYNE BOYD 160 1975
 BRUCE POWERS 152 1975

200 POINT CLUB

JEFF HAWKINS 202 1973
 RICK STEBLAY 208 1979
 MIKE DONAHUE 220 1981
 JEFF HAWKINS 235 1974

100 POINT CLUB CONT.

STEVE SLAVIK 102 1978
 WAYNE BRACKEN 100 1972

PAST STATE TRACK ENTRANTS FROM ELK RIVER

| NAME | YEAR | EVENT | TIME OR DISTANCE | PLACE |
|--|------|--|----------------------------------|-------------------|
| KOLLIE HANKS | 1956 | DISCUS | | |
| LLOYD GRAY | 1956 | 100 YARD DASH 220 YARD DASH | | |
| DAVE STADDEN | 1958 | 1 MILE RUN | | |
| LLOYD GRAY KOLLIE HANKS GENE SELLON PAUL ERNER | 1956 | 330 YARD RELAY | | |
| WALT MALMSTRON | 1965 | 880 YARD RUN | | 3rd |
| CARL DEMARS V. MALMSTRON DICK LENZ JOHN MACINTYRE | 1965 | 1 MILE RELAY | | |
| WALT MALMSTRON | 1966 | 880 YARD RUN | 1:51.0 | 3rd |
| JOHN MACINTYRE | 1966 | POLE VAULT | | |
| FRANK KOPETKA | 1971 | LONG JUMP | 21 Ft. 9 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 22.6 | 1st 3rd |
| DAN REEMTS | 1974 | SHOT PUT | | |
| STEVE SMIT | 1974 | HIGH HURDLES LOW HURDLES LONG JUMP | 14.8 | 2nd |
| JEFF HAWKINS | 1974 | HIGH HURDLES 100 YARD DASH LOW HURDLES | 21 Ft. 9 3/4 In. 14.6 19.8 | 2nd 1st 1st |
| STEVE BRANT | 1975 | 880 YARD RUN | | |
| BRIAN KLENZ DARYL BOYD GREGG SKUZA BRIAN KLENZ | 1975 | SPRINT MEDLEY RELAY | 3:39 | 4th |
| STEVE BRANT DARYL BOYD GREGG SKUZA BRIAN KLENZ | 1975 | 1 MILE RELAY | 3:30 | 4th |
| PAUL ZANKE | 1976 | DISCUS | 159 Ft. 8 In. | 3rd |
| JEFF MILLER | 1978 | 220 YARD DASH | | |
| RICK STEBLAY | 1978 | HIGH HURDLES | 15.3 | 5th |
| RICK STEBLAY | 1979 | HIGH HURDLES INTERMEDIATE H. 220 YARD DASH | 14.7 39.2 22.7 | 2nd 1st |
| MIKE DONAHUE | 1980 | LONG JUMP | 21 Ft. 1 1/2 In. | 7th |
| MIKE DONAHUE | 1981 | LONG JUMP | 21 Ft. 8 In. | 7th |
| KEITH BARNIER | 1982 | INTERMEDIATE H | 41.5 | |
| MIKE DONAHUE RAY SCHRECKENGHAUST BRET HOAGLUND LANCE HOAGLUND | | 100 METER RELAY | 14.0 | 5th |

MEET HIGHLIGHTS

- 1956 REGION IV CHAMPIONS
DISTRICT 16 NUMBER UP
- 1971 ST. FRANCIS INVITATIONAL CHAMPIONS
CENTENNIAL RELAYS CHAMPIONS
- 1972 RUIE RIVER CONFERENCE CHAMPIONS
ST. FRANCIS INVITATIONAL CHAMPIONS
ROSEMOUNT INVITATIONAL CHAMPIONS
FRANKFORD INVITATIONAL CHAMPIONS
DISTRICT 16 NUMBER UP
- 1973 RUIE RIVER CONFERENCE CHAMPIONS
CENTENNIAL RELAY CHAMPIONS
ROSEMOUNT INVITATIONAL CHAMPIONS
SPRING LAKE PARK PARTNER INVITATIONAL CHAMPIONS
SUB REGION CHAMPIONS
REGION IV NUMBER UP
- 1974 RUIE RIVER CHAMPIONS
FRANKFORD INVITATIONAL CHAMPIONS
ST. PAUL PARK RELAYS CLASS 5 CHAMPIONS
SUB REGION CHAMPIONS
REGION IV A CHAMPIONS
STATE CLASS A NUMBER UP
- 1975 RUIE RIVER CONFERENCE CHAMPIONS
- 1977 CENTENNIAL RELAYS CHAMPIONS
- 1978 GENERAL LAKES CONFERENCE CHAMPIONS
CENTENNIAL INVITATIONAL CHAMPIONS
BUFFALO INVITATIONAL CHAMPIONS
- 1979 CENTENNIAL INVITATIONAL CHAMPIONS
ST. FRANCIS INVITATIONAL CHAMPIONS
STATE CLASS AA 5TH PLACE
- 1980
- 1981 GENERAL LAKES CONFERENCE NUMBER UP
- 1982 ?????

ELK RIVER BOYS VARSITY TRACK RECORDS

| EVENT | NAME | TIME OR DISTANCE | METRIC | YEAR |
|-----------------------|---|------------------|----------|------|
| 100 Yd. Dash | Mike Lefebvre | 10.1 | 10.9 | 1971 |
| | Jeff Hawkins | 10.1 | 10.9 | 1974 |
| 220 Yd. Dash | Bret Hoaglund | 22.6 | 22.5 | 1981 |
| 440 Yd. Dash | Jeff Miller | 50.8 | 50.5 | 1978 |
| 880 Yd. Run | Walt Malmstrom | 1:54.0 | 1:53.3 | 1966 |
| 1 Mile Run | Ross A. Anderson | 4:29.9 | 4:28.8 | 1971 |
| 1 Mile Relay | Brian Klemz Daryl Boyd | 3:26 | 3:24.9 | 1975 |
| | Gregg Skuza Steve Brant | | | |
| 2 Mile Run | Warren Hinkle | 9:50.6 | 9:48.4 | 1974 |
| 2 Mile Relay | Brian Klemz Daryl Boyd | 8:12 | 8:09.8 | 1975 |
| | Gregg Skuza Steve Brant | | | |
| 880 Relay | Craig Hinrichs Clint Leger | 1:32.3 | 1:31.6 | 1978 |
| | Rick Steblay Jeff Miller | | | |
| 440 Relay | Keith Barnier Bret Hoaglund | 1:32.3 | 1:31.6 | 1981 |
| | Ray Schreckenghaust Lance Hoaglund | | | |
| 440 Relay | Ray Schreckenghaust Bret Hoaglund | 43.8 | 43.6 | 1981 |
| | Mike Donahue Lance Hoaglund | | | |
| Sprint Medley Relay | Bruce Powers Brian Klemz | 3:35.1 | 3:34 | 1975 |
| | Daryl Boyd Gregg Skuza | | | |
| High Hurdles | Jeff Hawkins | 14.4 | 14.4 | 1973 |
| | Rick Steblay | 14.4 | 14.4 | 1979 |
| Intermediate Hurdles | Rick Steblay | 38.2 | 38.2 | 1979 |
| High Jump | Jeff Hawkins | 6 Ft 6 In. | 1.98 M | 1974 |
| Long Jump | Mike Donahue | 22 Ft 9 In. | 6.935 M | 1981 |
| Triple Jump | Mike Donahue | 43 Ft 5 In. | 13.23 M | 1981 |
| Pole Vault | Bob Lashinski | 13 Ft 0 In. | 3.96 M | 1978 |
| | Jeff Zerwas | 13 Ft 0 In. | 3.96 M | 1980 |
| Shot Put | Wayne Becklin | 53 Ft 2 3/4 In. | 16.225 M | 1972 |
| Discus | Paul Zabee | 159 Ft 8 In. | 48.66 M | 1976 |
| 4 Mile Relay | Daryl Boyd Mike Anderson Steve Brant Warren Hinkle | 19:29 | 19:24.6 | 1974 |
| Distance Medley Relay | Jeff Hudson Pat Carr Roger Dehn Steve Bye | 11:19.1 (4000 M) | 11:19.1 | 1981 |

ELK RIVER BOYS SOPHOMORE TRACK RECORDS

| EVENT | NAME | TIME OR DISTANCE | METRIC | YEAR |
|-------------------------|---|---------------------------|---------|------|
| 100 Yd. Dash | Duane Lakoduk | 10.6 | 11.4 | 1972 |
| 220 Yd. Dash | Bret Hoaglund | 22.8 | 22.7 | 1980 |
| 440 Yd. Dash | Pat Carr | 53.0 | 52.7 | 1981 |
| 880 Yd. Run | Tom Weinhold | 2:05 | 2:04.3 | 1977 |
| 1 Mile Run | Steve Bye | 4:46.3 | 4:45.2 | 1980 |
| 1 Mile Relay | Jeff Piotrowski Greg Weber Tom Weinhold Steve Slavik | 3:34 | 3:32.9 | 1977 |
| 2 Mile Run | Steve Bye | 10:19.9 | 10:17.7 | 1980 |
| 2 Mile Relay | Russ Gesch Tom Weinhold Shaun Friedrich Dan Lemmon | 8:44.3 | 8:42.1 | 1977 |
| 880 Relay | Clint Leger Jeff Piotrowski Jeff Stone Steve Slavik | 1:37.4 | 1:36.7 | 1977 |
| 440 Relay | Clint Leger Jeff Piotrowski Steve Slavik Greg Weber | 47.0 | 46.8 | 1977 |
| Sprint Medley Relay | Jeff Piotrowski Jeff Stone Steve Slavik Tom Weinhold | 3:49.3 | 3:48.2 | 1977 |
| High Hurdles | Jeff Hawkins | 15.0 | 15.0 | 1972 |
| | Rick Steblay | 15.0 | 15.0 | 1977 |
| Intermediate Hurdles | Keith Barnier | 41.2 | 41.2 | 1980 |
| High Jump | Jeff Hawkins | 5 Ft 10 In. | 1.78 M | 1972 |
| | Mike Donahue | 5 Ft 10 In. | 1.78 M | 1979 |
| Long Jump | Ray Schreckenghaust | 20 Ft 8 $\frac{1}{2}$ In. | 6.31 M | 1981 |
| Triple Jump | Mike Donahue | 41 Ft 1 In. | 12.52 M | 1979 |
| Pole Vault | Mike Zahler | 11 Ft 6 In. | 3.505 M | 1973 |
| Shot Put | Cliff Anderson | 47 Ft 8 In. | 14.53 M | 1975 |
| Discus | Jon Smith | 124 Ft 3 In. | 37.88 M | 1980 |
| 4 Mile Relay | Randy Schreckenghaust Mike Tokar Steve Brant Dave Lemmon | 21:15.5 | 21:11.1 | 1973 |
| Distance Medley | Dave Barsody Tom Michlitsch Duane Smith Steve Bye | 12:11.3 | 12:08.3 | 1980 |

1981 LETTERMEN

| NAME | Grade | EVENTS PARTICIPATED IN | BEST PERFORMANCES |
|----------------------|-------|---|--|
| BRET HOAGLUND | 12 | 1500 Meter Sprint Med. 100 Meters 200 Meters 400 Meters 800 Meter Relay 1600 Meter Relay | 23.2 Split Time 200 M 23.2 Split Time 200 M 51.0 Split Time 400 M |
| KEITH BARNIER | 12 | 300 Meter Intermediate Hurdles 200 Meters 1600 Meter Sprint Medley Relay 800 Meter Relay | 19.4 24.9 23.4 Split Time 200 M 23.8 Split Time 200 M |
| STEVE BYE | 12 | 800 Meters 1600 Meters 3200 Meters 1600 Meter Sp. Med. 3200 Meter Relay 4200 Meter Dist. Med. | 2:04 4:39.4 10:17.7 2:04.7 Split Time 800 2:06.3 Split Time 800 4:45 Split Time 1600 |
| TIM KNUITSEN | 12 | 110 Meter High Hurdles 300 Meter Intermediate Hurdles 200 Meters 1600 Meter Relay | 15.8 11.5 25.3 51.9 Split Time 400 M |
| JON SMITH | 12 | Discus Shotput | 132 Ft 6 In. 46 Ft 7 In. |
| RAY SCHRECKEN-GHAUST | 11 | 100 Meters 200 Meters Long Jump 1600 Meter Sprint Medley Relay 400 Meter Relay 800 Meter Relay 1600 Meter Relay | 11.7 23.4 20' 8 1/2" 22.7 Split Time 200 Meters 22.4 Split Time 200 M 52.1 Split Time 400 M |
| MARK ANDERSON | 12 | 110 Meter High Hurdles 300 Meter Intermediate Hurdles 100 Meters 1600 Meter Relay 1600 Meter Sprint Medley Relay | 16.3 14.1 11.9 23.5 Split Time 200 Meters 56.4 Split Time 400 M |
| PAT CARR | 11 | 100 Meters 200 Meters 400 Meters 1600 Meter Relay 3200 Meter Relay 400 Meter Dis. Med. 400 Relay Sprint Med. | 11.6 24.0 52.7 52.0 Split Time 400 M 2:06 Split Time 800 M 2:12 Split Time 800 M 51.6 Split Time 400 M |
| ROGER DEHN | 11 | 800 Meters 1600 Meters 3200 Meters 3200 Meter Relay 4000 Meter Dis. Med. | 2:11 4:45.4 10:38 2:08.7 Split Time 800 3:27 Split Time 1200 |
| SEAN BYRNES | 11 | Triple Jump Long Jump 400 Meters 1600 Meter Relay 1600 Meter Sp. Med. | 36' 5" 19' 1/2" 57.0 56.9 Split Time 400 M 57.6 Split Time 400 M |
| MARK OLLILA | 11 | 100 Meters 200 Meters 1600 Meter Sprint Medley Relay 400 Meter Relay | 12.0 24.5 25.2 Split Time 200 Meters |
| JOHN BARSODY | 11 | 100 Meters Shotput Discus 400 Meter Relay | 12.4 42 Ft. 10 1/2 In. 11 1/2 Ft |
| DUANE SMITH | 12 | Not Competing in 1982 | |
| GARY KOLLES | 12 | Not Competing in 1982 | |

**ELK RIVER SENIOR HIGH ALL-TIME TRACK AND FIELD
PERFORMANCES**

VARSITY 100 YD. DASH

| | TIME | MEET | YEAR |
|------------------|------|------|------|
| 1. Mike Lafabro | 10.1 | 10.9 | 1971 |
| Jack Hawkins | 10.1 | 10.9 | 1974 |
| 2. Duane Lakoduk | 10.2 | 11.0 | 1973 |
| 3. Lance Houghum | 10.3 | 11.1 | 1981 |
| David Grupa | 10.3 | 11.1 | 1975 |
| Lloyd Gray | 10.3 | 11.1 | 1984 |
| 4. Leo Gray | 10.4 | 11.2 | 1980 |
| Clint Leger | 10.4 | 11.1 | 1978 |
| Craig Hinrichs | 10.4 | 11.2 | 1977 |
| 5. Frank Kopplin | 10.5 | 11.3 | 1971 |
| 6. Bruce Powers | 10.6 | 11.4 | 1976 |
| Bill Madysen | 10.6 | 11.4 | 1978 |
| Wino Monahan | 10.6 | 11.4 | 1981 |

MEET

YEAR

SOPL. 100 YD. DASH

| | TIME | MEET | YEAR |
|---------------------|------|------|------|
| 1. Duane Lakoduk | 10.6 | 11.4 | 1972 |
| 2. Lance Houghum | 10.7 | 11.5 | 1979 |
| 3. Clint Leger | 10.8 | 11.6 | 1977 |
| Howard Hedge | 10.8 | 11.6 | 1979 |
| Pat Carr | 10.8 | 11.6 | 1981 |
| 4. Craig Hinrichs | 10.9 | 11.7 | 1976 |
| Ray Schrockenhammer | 10.9 | 11.7 | 1981 |
| 5. Bert Houghum | 11.0 | 11.8 | 1980 |
| Greg Weber | 11.0 | 11.8 | 1977 |
| Gary Kellen | 11.0 | 11.8 | 1980 |
| 6. Bruce Powers | 11.1 | 11.9 | 1976 |
| Dan Barnett | 11.1 | 11.9 | 1978 |
| Jan Hinton | 11.1 | 11.9 | 1980 |
| Mark Anderson | 11.1 | 11.9 | 1981 |

VARSITY 200 YD. DASH

| | TIME | MEET | YEAR |
|------------------------|------|------|------|
| 1. Bert Houghum | 22.6 | 22.5 | 1981 |
| 2. Lance Houghum | 22.7 | 22.6 | 1980 |
| 3. Jeff Miller | 22.8 | 22.7 | 1976 |
| Rick Stodley | 22.8 | 22.7 | 1979 |
| 4. Duane Lakoduk | 23.2 | 23.1 | 1973 |
| 5. Dan Mattson | 23.3 | 23.2 | 1970 |
| 6. Craig Hinrichs | 23.4 | 23.3 | 1977 |
| Steve Slawik | 23.4 | 23.3 | 1978 |
| Clint Leger | 23.4 | 23.3 | 1979 |
| 7. Ray Schrockenhammer | 23.5 | 23.4 | 1981 |

SOPL. 200 YD. DASH

| | TIME | MEET | YEAR |
|------------------------|------|------|------|
| 1. Bert Houghum | 22.6 | 22.7 | 1980 |
| 2. Rick Stodley | 23.4 | 23.3 | 1977 |
| 3. Ray Schrockenhammer | 23.5 | 23.4 | 1981 |
| 4. Keith Sandler | 23.7 | 23.6 | 1980 |
| 5. Pat Carr | 24.1 | 24.0 | 1981 |
| 6. Lance Houghum | 24.3 | 24.2 | 1979 |
| 7. Clint Leger | 24.4 | 24.3 | 1977 |
| 8. Brian Klans | 24.5 | 24.4 | 1973 |
| Steve Slawik | 24.5 | 24.4 | 1977 |
| Howard Hedge | 24.5 | 24.4 | 1979 |

VARSITY 400 YD. DASH

| | TIME | MEET | YEAR |
|------------------|------|------|------|
| 1. Jeff Miller | 50.8 | 50.5 | 1976 |
| 2. Gregg Stevan | 51.5 | 51.2 | 1975 |
| 3. Walt Melstrom | 51.9 | 51.6 | 1966 |
| 4. Greg Weber | 52.0 | 51.7 | 1979 |
| 5. Jeff Stone | 52.2 | 51.9 | 1970 |
| 6. Tom Weinhold | 52.3 | 52.0 | 1978 |
| 7. Steve Slawik | 52.4 | 52.1 | 1978 |
| 8. Dan Barnett | 52.8 | 52.5 | 1980 |
| Steve Brant | 52.8 | 52.5 | 1975 |
| 9. Pat Carr | 53.0 | 52.7 | 1981 |

SOPL. 400 YD. DASH

| | TIME | MEET | YEAR |
|--------------------|------|------|------|
| 1. Pat Carr | 53.0 | 52.7 | 1981 |
| 2. Steve Slawik | 53.3 | 53.0 | 1977 |
| 3. Tom Weinhold | 53.8 | 53.5 | 1977 |
| 4. Greg Weber | 53.9 | 53.6 | 1977 |
| 5. Chuck Lafabro | 54.1 | 53.8 | 1973 |
| 6. Jeff Pichrowski | 54.2 | 53.9 | 1977 |
| 7. Howard Hedge | 54.3 | 54.0 | 1979 |
| 8. Tom Mchlitosh | 54.6 | 54.3 | 1980 |
| 9. Dan Kellen | 55.0 | 54.7 | 1976 |
| 10. Dan Barnett | 55.5 | 55.2 | 1978 |

VARSITY 800 YD. RUN

| | TIME | MEET | YEAR |
|------------------|--------|--------|------|
| 1. Walt Melstrom | 1:54.0 | 1:53.3 | 1966 |
| 2. Tom Weinhold | 1:59.0 | 1:58.3 | 1978 |
| 3. Steve Brant | 2:00 | 1:59.3 | 1975 |
| 4. Mike Klans | 2:02 | 2:01.4 | 1973 |
| 5. Bruce Gosh | 2:03 | 2:02.3 | 1978 |
| 6. Brian Klans | 2:03.6 | 2:02.9 | 1974 |
| 7. Kevin Palmer | 2:03.8 | 2:03.1 | 1972 |
| 8. Steve Rye | 2:04.7 | 2:04.0 | 1981 |
| 9. Mark Krosner | 2:05.7 | 2:05 | 1973 |
| Marlon Weber | 2:05.7 | 2:05 | 1978 |

SOPL. 800 YD. RUN

| | TIME | MEET | YEAR |
|-----------------------|--------|--------|------|
| 1. Tom Weinhold | 2:05 | 2:04.3 | 1977 |
| 2. Bruce Gosh | 2:06.8 | 2:06.1 | 1977 |
| 3. Duane Smith | 2:07.5 | 2:06.8 | 1980 |
| 4. Kevin Mulvaney | 2:07.6 | 2:06.9 | 1973 |
| 5. Marlon Weber | 2:08.9 | 2:07.2 | 1976 |
| 6. Roger Dehn | 2:11.7 | 2:11 | 1981 |
| 7. Shawn Friedrich | 2:11.2 | 2:11.5 | 1977 |
| 8. Gordon Haldenbauer | 2:11.8 | 2:11.1 | 1970 |
| 9. Bruce Tarnowski | 2:16 | 2:15.3 | 1976 |
| 10. Greg Barnett | 2:17.6 | 2:16.9 | 1974 |

| <u>VARSITY ONE MILE RUN</u> | | | | <u>SOPE. ONE MILE RUN</u> | | | |
|-----------------------------|--------|---------------|-------------|---------------------------|---------------|-------------|------|
| | | <u>METRIC</u> | <u>YEAR</u> | | <u>METRIC</u> | <u>YEAR</u> | |
| 1. Ross A. Anderson | 4:29.9 | 4:28.8 | 1971 | 1. Steve Bye | 4:46.3 | 4:45.2 | 1980 |
| 2. Warren Hinkle | 4:35.2 | 4:34.1 | 1974 | 2. Roger Dehn | 4:46.5 | 4:45.4 | 1981 |
| 3. Daryl Boyd | 4:37.7 | 4:36.6 | 1975 | 3. Dan Leason | 4:50.4 | 4:49.3 | 1977 |
| 4. Dan Leason | 4:39.1 | 4:38 | 1979 | 4. Ross A. Anderson | 4:51.7 | 4:50.6 | 1970 |
| 5. Gregg Stuss | 4:40 | 4:38.9 | 1975 | 5. Steve Brant | 4:52.8 | 4:51.7 | 1973 |
| 6. Steve Bye | 4:40.5 | 4:39.4 | 1981 | 6. Steve Chouinard | 4:56.6 | 4:55.5 | 1974 |
| 7. Walt Malstrom | 4:42.2 | 4:41.1 | 1965 | 7. Mike Anderson | 5:03 | 5:01.9 | 1972 |
| 8. Mike Anderson | 4:43.2 | 4:42.1 | 1974 | 8. Randy Loka | 5:04 | 5:02.9 | 1976 |
| 9. Russ Geseh | 4:45.9 | 4:44.8 | 1979 | 9. Warren Hinkle | 5:04.2 | 5:03.1 | 1972 |
| 10. Mark Kraemer | 4:46 | 4:44.9 | 1973 | 10. Tim Mulvaney | 5:07.9 | 5:06.8 | 1976 |

| <u>VARSITY TWO MILE RUN</u> | | | | <u>SOPE. TWO MILE RUN</u> | | | |
|-----------------------------|---------|---------|------|---------------------------|---------|---------|------|
| 1. Warren Hinkle | 9:50.6 | 9:48.4 | 1974 | 1. Steve Bye | 10:19.9 | 10:17.7 | 1980 |
| 2. Jamie Jackson | 10:12.2 | 10:10.0 | 1977 | 2. Warren Hinkle | 10:30.5 | 10:28.3 | 1972 |
| 3. Mike Anderson | 10:14.5 | 10:12.3 | 1973 | 3. Roger Dehn | 10:40.2 | 10:38.0 | 1981 |
| 4. Greg Brant | 10:16 | 10:15.8 | 1972 | 4. Mike Lapanio | 10:47.9 | 10:45.7 | 1975 |
| 5. Steve Bye | 10:19.9 | 10:17.7 | 1980 | 5. Jamie Jackson | 10:59.8 | 10:57.6 | 1976 |
| 6. Gregg Stuss | 10:22.1 | 10:18.9 | 1975 | 6. Steve Brant | 11:02.6 | 11:00.4 | 1973 |
| 7. Dan Leason | 10:21.8 | 10:19.6 | 1979 | 7. Mike Anderson | 11:06.5 | 11:04.3 | 1972 |
| 8. Dave Scribner | 10:27.5 | 10:25.3 | 1969 | 8. Steve Chouinard | 11:23 | 11:20.8 | 1974 |
| 9. Roger Dehn | 10:40.2 | 10:38.0 | 1981 | 9. Mike Doy | 11:32.2 | 11:30 | 1979 |
| 10. Jeff Travis | 10:45.9 | 10:43.7 | 1980 | 10. Jeff Buis | 11:36.1 | 11:33.9 | 1978 |

| <u>VARSITY 120 YD. HIGH HURDLES</u> | | | | <u>SOPE. 120 YD. HIGH HURDLES</u> | | | |
|-------------------------------------|------|------|------|-----------------------------------|------|------|------|
| 1. Jeff Hawkins | 14.4 | 14.4 | 1973 | 1. Rick Stehlay | 15.0 | 15.0 | 1977 |
| Rick Stehlay | 14.4 | 14.4 | 1979 | Jeff Hawkins | 15.0 | 15.0 | 1972 |
| 2. Steve Smit | 14.8 | 14.8 | 1974 | 2. Mark Anderson | 16.3 | 16.3 | 1981 |
| 3. Grant Hartman | 15.1 | 15.1 | 1976 | 3. Steve Smit | 16.4 | 16.4 | 1972 |
| 4. Shaun Friedrich | 15.2 | 15.2 | 1979 | Shaun Friedrich | 16.4 | 16.4 | 1977 |
| 5. Dave Patriak | 15.8 | 15.8 | 1971 | 4. Tim Olson | 17.0 | 17.0 | 1976 |
| Tim Knutsen | 15.8 | 15.8 | 1981 | 5. Chuck Lefebvre | 17.5 | 17.5 | 1973 |
| 6. Gary Dreissig | 15.9 | 15.9 | 1963 | 6. Keith Barnier | 17.6 | 17.6 | 1980 |
| 7. Mark Anderson | 16.3 | 16.3 | 1981 | 7. Mike Morgen | 17.8 | 17.8 | 1977 |
| 8. Gallen Benson | 17.0 | 17.0 | 1969 | 8. Doug Jaxmoluk | 17.9 | 17.9 | 1978 |
| Mike Morgen | 17.0 | 17.0 | 1978 | 9. Reed Palmer | 18.0 | 18.0 | 1972 |
| Tim Olson | 17.0 | 17.0 | 1976 | 10. John Schmidt | 19.0 | 19.0 | 1978 |

| <u>VARSITY 330 INT. HURDLES</u> | | | | <u>SOPE. 330 INT. HURDLES</u> | | | |
|---------------------------------|------|------|------|-------------------------------|------|------|------|
| 1. Rick Stehlay | 38.2 | 38.2 | 1979 | 1. Keith Barnier | 41.2 | 41.2 | 1980 |
| 2. Keith Barnier | 40.4 | 40.4 | 1981 | 2. Rick Stehlay | 41.6 | 41.6 | 1977 |
| 3. Jeff Hawkins | 40.7 | 40.7 | 1974 | 3. Mark Anderson | 44.1 | 44.1 | 1981 |
| 4. Mike Morgen | 41.3 | 41.3 | 1979 | 4. Shaun Friedrich | 44.2 | 44.2 | 1977 |
| 5. Tim Knutsen | 41.5 | 41.5 | 1981 | 5. Doug Jaxmoluk | 44.4 | 44.4 | 1978 |
| 6. Shaun Friedrich | 41.9 | 41.9 | 1979 | 6. Mike Morgen | 44.9 | 44.9 | 1977 |
| 7. John Schmidt | 44.1 | 44.1 | 1980 | 7. Chuck Lefebvre | 45.4 | 45.4 | 1973 |
| Mark Anderson | 44.1 | 44.1 | 1981 | 8. Tim Olson | 46.1 | 46.1 | 1976 |
| 8. Grant Hartman | 44.3 | 44.3 | 1976 | 9. John Schmidt | 46.5 | 46.5 | 1978 |
| 9. Doug Jaxmoluk | 44.4 | 44.4 | 1978 | 10. Joe Pouliot | 46.5 | 46.5 | 1979 |

VARSITY TRIPLE JUMP

| | | MEASURE | YEAR |
|-------------------|-----------------------|---------|------|
| 1. Mike Donahue | 43 Ft 5 | 13.23 | 1981 |
| 2. John Kraljic | 39 Ft 5 | 12.015 | 1978 |
| 3. Doug Jasmoluk | 38 Ft 9 $\frac{1}{2}$ | 11.815 | 1978 |
| 4. Steve Smit | 38 Ft 1 $\frac{1}{2}$ | 11.695 | 1974 |
| 5. Gerard Booker | 37 Ft 11 | 11.555 | 1975 |
| 6. Kim Mattson | 37 Ft 4 $\frac{1}{2}$ | 11.39 | 1973 |
| 7. Andy Clark | 36 Ft 8 | 11.175 | 1979 |
| 8. Tom Kenned | 36 Ft 6 | 11.125 | 1973 |
| 9. Sean Byrnes | 36 Ft 5 | 11.10 | 1981 |
| 10. Doug Granlund | 36 Ft 1 $\frac{1}{2}$ | 11.01 | 1980 |

SOPHOMORE TRIPLE JUMP

| | | MEASURE | YEAR |
|------------------|-----------------------|---------|------|
| 1. Mike Donahue | 41 Ft 1 | 12.52 | 1979 |
| 2. Doug Jasmoluk | 38 Ft 9 $\frac{1}{2}$ | 11.815 | 1978 |
| 3. Sean Byrnes | 36 Ft 5 | 11.10 | 1981 |
| 4. Doug Granlund | 35 Ft 1 $\frac{1}{2}$ | 11.01 | 1980 |
| 5. Bruce Powers | 36 Ft 1 $\frac{1}{2}$ | 10.98 | 1974 |
| 6. Gary Kallas | 35 Ft 6 | 10.82 | 1980 |
| 7. Rich Lefavor | 35 Ft | 10.67 | 1978 |
| 8. Rick Stehlay | 34 Ft 8 | 10.565 | 1977 |
| Andy Clark | 34 Ft 8 | 10.565 | 1978 |
| 9. Rick Wrobel | 34 Ft 2 $\frac{1}{2}$ | 10.425 | 1980 |

VARSITY HIGH JUMP

| | | MEASURE | YEAR |
|--------------------|-----------------------|---------|------|
| 1. Jeff Hawkins | 6 Ft 6 | 1.98 | 1974 |
| 2. Mike Donahue | 6 Ft 4 | 1.92 | 1981 |
| 3. Gene Reisinger | 5 Ft 11 $\frac{1}{2}$ | 1.82 | 1960 |
| 4. Jeff Schuber | 5 Ft 11 | 1.80 | 1971 |
| 5. Bruce Anderson | 5 Ft 10 | 1.775 | 1973 |
| 6. Arno Engstrom | 5 Ft 9 $\frac{1}{2}$ | 1.765 | 1962 |
| 7. Lynn Teddenkamp | 5 Ft 9 | 1.75 | 1969 |
| 8. Mike Zahler | 5 Ft 8 | 1.725 | 1975 |
| Tom Kenned | 5 Ft 8 | 1.725 | 1973 |
| Tim Olson | 5 Ft 8 | 1.725 | 1976 |
| Rick Stehlay | 5 Ft 8 | 1.725 | 1977 |
| Bill Malpino | 5 Ft 8 | 1.725 | 1978 |
| Paul Dool | 5 Ft 8 | 1.725 | 1981 |

SOPHOMORE HIGH JUMP

| | | MEASURE | YEAR |
|-------------------|---------|---------|------|
| 1. Jeff Hawkins | 5 Ft 10 | 1.775 | 1972 |
| Mike Donahue | 5 Ft 10 | 1.775 | 1979 |
| 2. Bruce Anderson | 5 Ft 8 | 1.725 | 1971 |
| Tim Olson | 5 Ft 8 | 1.725 | 1976 |
| Rick Stehlay | 5 Ft 8 | 1.725 | 1977 |
| 3. Tim Daniels | 5 Ft 6 | 1.675 | 1969 |
| 4. Tim Gesch | 5 Ft 4 | 1.625 | 1976 |
| Terry Hank | 5 Ft 4 | 1.625 | 1976 |
| Shawn Friedlich | 5 Ft 4 | 1.625 | 1977 |
| Joe Paulkot | 5 Ft 4 | 1.625 | 1979 |
| Rick Wrobel | 5 Ft 4 | 1.625 | 1981 |
| 5. Greg Barnett | 5 Ft 2 | 1.575 | 1974 |

VARSITY LONG JUMP

| | | MEASURE | YEAR |
|---------------------|------------------------|---------|------|
| 1. Mike Donahue | 22 Ft 9 | 6.935 | 1981 |
| 2. Steve Smit | 21 Ft 9 $\frac{1}{2}$ | 6.65 | 1974 |
| 3. Frank Kopetka | 21 Ft 9 $\frac{1}{2}$ | 6.64 | 1971 |
| 4. Bryan Cornelius | 20 Ft 9 | 6.325 | 1960 |
| 5. R. Schreckengast | 20 Ft 8 $\frac{1}{2}$ | 6.31 | 1981 |
| 6. John Kraljic | 19 Ft 11 $\frac{1}{2}$ | 6.09 | 1978 |
| 7. Bill Malpino | 19 Ft 9 $\frac{1}{2}$ | 6.04 | 1977 |
| 8. Rick Kohler | 19 Ft 2 | 5.84 | 1971 |
| 9. Scott Hook | 19 Ft 1 $\frac{1}{2}$ | 5.83 | 1976 |
| 10. Bruce Powers | 19 Ft 1 | 5.815 | 1975 |

SOPHOMORE LONG JUMP

| | | MEASURE | YEAR |
|---------------------|-----------------------|---------|------|
| 1. R. Schreckengast | 20 Ft 8 $\frac{1}{2}$ | 6.31 | 1981 |
| 2. Mike Donahue | 20 Ft 0 | 6.095 | 1979 |
| 3. Steve Smit | 19 Ft 10 | 6.045 | 1972 |
| 4. Sean Byrnes | 19 Ft 1 $\frac{1}{2}$ | 5.80 | 1981 |
| 5. Doug Jasmoluk | 18 Ft 3 $\frac{1}{2}$ | 5.575 | 1978 |
| 6. John Kraljic | 18 Ft 3 | 5.56 | 1976 |
| 7. Steve Olson | 17 Ft 8 | 5.385 | 1979 |
| 8. Jan Hines | 17 Ft 1 $\frac{1}{2}$ | 5.35 | 1980 |
| 9. Rich Lefavor | 17 Ft 4 | 5.28 | 1978 |
| 10. Jeff Platkowski | 17 Ft 3 | 5.26 | 1977 |

VARSITY POLE VAULT

| | | MEASURE | YEAR |
|--------------------|---------|---------|------|
| 1. Jeff Zervas | 13 Ft | 3.96 | 1980 |
| Bob Lashinski | 13 Ft | 3.95 | 1978 |
| 2. John MacIntyre | 12 Ft 9 | 3.885 | 1966 |
| 3. Kim Mattson | 12 Ft | 3.66 | 1973 |
| Mike Zahler | 12 Ft | 3.66 | 1975 |
| Ross E. Anderson | 12 Ft | 3.66 | 1975 |
| Pat Zahler | 12 Ft | 3.66 | 1976 |
| Greg Zahler | 12 Ft | 3.66 | 1979 |
| Iman Adamaki | 12 Ft | 3.66 | 1980 |
| 4. Brian LeVasseur | 11 Ft 6 | 3.505 | 1976 |
| 5. Ashton Briggs | 11 Ft | 3.35 | 1974 |
| Jan Mattson | 11 Ft | 3.35 | 1971 |

SOPHOMORE POLE VAULT

| | | MEASURE | YEAR |
|---------------------|---------|---------|------|
| 1. Mike Zahler | 11 Ft 6 | 3.505 | 1973 |
| 2. Kim Mattson | 11 Ft | 3.35 | 1971 |
| 3. Ross E. Anderson | 10 Ft 6 | 3.20 | 1973 |
| 4. Steve Greene | 10 Ft | 3.05 | 1977 |
| Greg Zahler | 10 Ft | 3.05 | 1977 |
| Iman Adamaki | 10 Ft | 3.05 | 1979 |
| 5. Glen Thompson | 9 Ft 6 | 2.895 | 1978 |
| 6. Chad Briggs | 9 Ft | 2.74 | 1972 |

| <u>VARSITY 400 METER RELAY</u> | | <u>TIME</u> | <u>YEAR</u> | <u>SOPHOMORE 400 METER RELAY</u> | | <u>TIME</u> | <u>YEAR</u> |
|--------------------------------|--|-------------|-------------|----------------------------------|--|-------------|-------------|
| 1. | Mike Donahue Ray Schreckenghaust Bret Hoaglund Lance Hoaglund | 43.6 | 1981 | 1. | Clint Leger Steve Slavik Jeff Piotrowski Greg Weber | 46.8 | 1977 |
| 2. | Steve Slavik Jeff Stone Mike Morgen Clint Leger | 44.2 | 1979 | 2. | Bruce Powers Steve McAlpine Greg Barrett Brad Grupa | 47.4 | 1974 |
| 3. | Bill McAlpine Clint Leger Dan Kolles Craig Hinrichs | 44.3 | 1978 | 3. | Dan Kolles Greg Hiner Tim Olson Craig Hinrichs | 47.5 | 1976 |
| 4. | Mike Donahue Ray Schreckenghaust Howard Hedge Bret Hoaglund | 45.2 | 1981 | 4. | Ray Schreckenghaust Pat Carr Rick Wrobel John Barendy | 47.5 | 1981 |
| 5. | Bill McAlpine Clint Leger Jeff Stone Steve Slavik | 45.6 | 1978 | 5. | Mike Donahue Howard Hedge Steve Olson Lance Hoaglund | 48.1 | 1979 |

| <u>VARSITY 800 METER RELAY</u> | | <u>TIME</u> | <u>YEAR</u> | <u>SOPHOMORE 800 METER RELAY</u> | | <u>TIME</u> | <u>YEAR</u> |
|--------------------------------|--|-------------|-------------|----------------------------------|--|-------------|-------------|
| 1. | Craig Hinrichs Rick Steblay 23.6 23.1 Clint Leger Jeff Miller 23.1 22.5 Keith Barnier R. Schreckenghaust 23.8 22.4 Bret Hoaglund Lance Hoaglund 23.2 22.2 | 1:31.6 | 1978 | 1. | Jeff Piotrowski Steve Slavik 24.3 24.0 Jeff Stone Clint Leger 25.3 25.0 | 1:36.7 | 1977 |
| | Keith Barnier R. Schreckenghaust 23.8 22.4 Bret Hoaglund Lance Hoaglund 23.2 22.2 | 1:31.6 | 1981 | 2. | Clint Leger Jeff Piotrowski Steve Slavik Jeff Stone | 1:38.7 | 1977 |
| 2. | Craig Hinrichs Steve Slavik Dan Kolles Jeff Miller | 1:32.7 | 1978 | 3. | Clint Leger Mike Morgen Jeff Piotrowski Jeff Stone | 1:39.4 | 1977 |
| 3. | Howard Hedge R. Schreckenghaust Bret Hoaglund Lance Hoaglund | 1:32.8 | 1981 | 4. | Brian Klenz Chuck Lefebvre Larry Christensen Steve Brant | 1:41.0 | 1973 |
| 4. | Duane Lakoduk Chuck Spear Bruce Anderson Kim Mattson | 1:33 | 1973 | | | | |

| <u>VARSITY 1600 METER SPRINT MEDLEY</u> | | <u>TIME</u> | <u>YEAR</u> | <u>SOPHOMORE 1600 METER SPRINT MEDLEY</u> | | <u>TIME</u> | <u>YEAR</u> |
|---|--|-------------|-------------|---|---|-------------|-------------|
| 1. | Bruce Powers Brian Klenz 24.3 23.2 Daryl Boyd Gregg Skusa 50.6 1:57.8 | 3:34.0 | 1975 | 1. | Jeff Piotrowski Steve Slavik 25.3 24.0 Jeff Stone Tom Weinhold 52.9 2:05.9 | 3:48.2 | 1977 |
| 2. | Dan Kolles Jeff Stone Steve Slavik Jeff Piotrowski | 3:38.9 | 1978 | 2. | Mike Morgen Jeff Stone Tom Weinhold Russ Gesch | 3:55.2 | 1977 |
| 3. | Steve Slavik Dan Kolles Jeff Stone Jeff Piotrowski | 3:39.9 | 1978 | 3. | Keith Barnier Jan Hines Bret Hoaglund Duane Smith | 3:56.1 | 1981 |
| 4. | Jeff Hawkins Duane Lakoduk Chuck Spear Mike Klenz | 3:40.3 | 1973 | 4. | Jeff Piotrowski Greg Weber Steve Slavik Russ Gesch | 3:56.4 | 1977 |
| 5. | Clint Leger Jeff Stone Greg Weber Russ Gesch | 3:42.6 | 1979 | 5. | Brian Klenz Chuck Lefebvre Larry Christensen Kevin Mulvaney | 4:00.4 | 1977 |
| | Bret Hoaglund Lance Hoaglund Pat Carr Steve Bye | 3:42.6 | 1981 | | | | |

| <u>VARSITY SHOT PUT</u> | | <u>METRIC</u> | <u>YEAR</u> |
|-------------------------|-------------|---------------|-------------|
| 1. Wayne Becklin | 53' 2 3/4" | 16.225 | 1972 |
| 2. Emory LaPointe | 52' 7" | 16.025 | 1969 |
| 3. Brian Goldeman | 51' 7" | 15.72 | 1980 |
| 4. Randy Nielsen | 51' 2" | 15.599 | 1972 |
| 5. Brian Kopecky | 50' 3 3/4" | 15.63 | 1978 |
| 6. Blake Kraljic | 50' 1 1/2" | 15.285 | 1972 |
| 7. Dennis Anderson | 49' 10 1/2" | 15.20 | 1973 |
| 8. Cliff Anderson | 47' 8" | 14.53 | 1975 |
| 9. Bruce Anderson | 47' | 14.325 | 1973 |
| 10. Dan Reents | 46' 8 3/4" | 14.24 | 1974 |

| <u>SOPHOMORE SHOT PUT</u> | | <u>METRIC</u> | <u>YEAR</u> |
|---------------------------|-------------|---------------|-------------|
| 1. Cliff Anderson | 47' 8" | 14.53 | 1975 |
| 2. Brian Goldeman | 44' 11" | 13.69 | 1978 |
| 3. John Barsody | 42' 10 1/2" | 13.06 | 1981 |
| 4. Jan Smith | 40' 6" | 12.345 | 1980 |
| 5. Kevin Cliff | 40' 4" | 12.29 | 1977 |
| 6. Bob Temple | 38' 3 1/2" | 11.67 | 1980 |
| 7. Bob Haldt | 36' 6" | 11.125 | 1974 |
| 8. Tom Stolte | 36' 3" | 11.05 | 1979 |
| 9. Curt Leste | 35' 10" | 10.92 | 1976 |
| 10. Trevor Daniels | 35' | 10.67 | 1972 |

VARSITY DISCUS

| | | | |
|-------------------|-------------|--------|------|
| 1. Paul Zahoe | 159' 8" | 48.66 | 1976 |
| 2. Randy Nielsen | 155' 5" | 47.38 | 1972 |
| 3. Brian Kopecky | 149' 9" | 45.68 | 1978 |
| 4. Blake Kraljic | 142' 5" | 43.40 | 1972 |
| 5. Emory LaPointe | 141' 2" | 43.02 | 1970 |
| 6. Brian Goldeman | 141' 2" | 43.02 | 1980 |
| 6. Ted Olson | 137' 9" | 41.98 | 1962 |
| 7. Wayne Becklin | 132' 9 1/2" | 40.465 | 1972 |
| 8. Jan Smith | 132' 6" | 40.38 | 1981 |
| 9. John Grimmer | 132' | 40.24 | 1976 |

SOPHOMORE DISCUS

| | | | |
|--------------------|----------|-------|------|
| 1. Jan Smith | 124' 3" | 37.88 | 1980 |
| 2. Paul Zahoe | 119' 9" | 36.50 | 1974 |
| 3. Randy Nielsen | 119' 3" | 36.34 | 1970 |
| 4. Cliff Anderson | 114' | 34.74 | 1975 |
| 5. John Barsody | 114' | 34.74 | 1981 |
| 5. Brian Goldeman | 113' 8" | 34.64 | 1978 |
| 6. Brian Kopecky | 110' | 33.52 | 1976 |
| 7. Howard Hodge | 104' 8" | 31.90 | 1979 |
| 8. Bob Temple | 104' 4" | 31.80 | 1980 |
| 9. Jerry Polaschek | 103' 11" | 31.68 | 1974 |

VARSITY 1200 METER RELAY (2 MILE)

| | | | |
|--------------------|-----------------|--------|------|
| 1. Daryl Boyd | Gregg Skaza | 8:09.8 | 1975 |
| 2:02 | 2:01.8 | | |
| Brian Klems | Steve Brant | | |
| 2:04.9 | 2:02.8 | | |
| 2. Dan Lemmon | Russ Gosch | 8:20 | 1979 |
| Jeff Piotrowski | Tom Weinhold | | |
| 3. Ross A Anderson | Ken Orwall | 8:25 | 1972 |
| Ben Pouliot | Kevin Palmer | | |
| 4. Tom Weinhold | Harlan Weber | 8:25.1 | 1978 |
| Russ Gosch | Jeff Piotrowski | | |
| 5. Joe Gouley | Dan Lemmon | 8:29.8 | 1979 |
| Tom Weinhold | Russ Gosch | | |

SOPHOMORE 1200 METER RELAY (2 MILE)

| | | | |
|--------------------|----------------|--------|------|
| 1. Russ Gosch | Tom Weinhold | 8:42.1 | 1977 |
| 2:09.7 | 2:07.3 | | |
| Shaun Friedrich | Dan Lemmon | | |
| 2:11.8 | 2:11.4 | | |
| 2. Brian Klems | Kevin Milvaney | 8:54.6 | 1973 |
| Larry Christensen | Steve Brant | | |
| 3. Shaun Friedrich | Russ Gosch | 9:18.8 | 1977 |
| Dan Lemmon | Tom Weinhold | | |
| 4. Steve Chouinard | Bob Eiden | 9:24.1 | 1974 |
| Greg Barnett | Bob Haldt | | |
| 5. Pete Clark | Tim Milvaney | 9:24.3 | 1976 |
| Randy Lehr | Mark Loger | | |

VARSITY 1600 METER RELAY (1 MILE)

| | | | |
|----------------|--------------------|--------|------|
| 1. Steve Brant | Gregg Skaza | 3:24.9 | 1975 |
| 52.3 | 51.8 | | |
| Daryl Boyd | Brian Klems | | |
| 50.5 | 51.4 | | |
| 2. Dan Kollen | Jeff Piotrowski | 3:26.5 | 1978 |
| Steve Slavik | Tom Weinhold | | |
| 3. Dan Kollen | Jeff Piotrowski | 3:27.1 | 1978 |
| Jeff Stene | Steve Slavik | | |
| 4. Pat Carr | Ray Schreckenghost | 3:28.4 | 1981 |
| Tim Kruttsen | Howard Hodge | | |
| 5. Greg Weber | Jeff Stene | 3:29 | 1979 |
| Steve Slavik | Tom Weinhold | | |

SOPHOMORE 1600 METER RELAY (1 MILE)

| | | | |
|-------------------|-----------------|--------|------|
| 1. Steve Slavik | Tom Weinhold | 3:32.9 | 1977 |
| 53.6 | 51.0 | | |
| Jeff Piotrowski | Greg Weber | | |
| 53.6 | 53.4 | | |
| 2. Rick Stehlay | Steve Slavik | 3:35.9 | 1977 |
| Jeff Piotrowski | Tom Weinhold | | |
| 3. Steve Slavik | Greg Weber | 3:39 | 1977 |
| Jeff Piotrowski | Rick Stehlay | | |
| 4. Greg Weber | Jeff Piotrowski | 3:41.9 | 1977 |
| Dan Lemmon | Steve Slavik | | |
| 5. Craig Kinnicks | Harlan Weber | 3:44.8 | 1976 |
| Tim Milvaney | Dan Kollen | | |

VARSITY 4000 METER (4 MILE) RELAY

1. Daryl Boyd Mike Anderson 19:24.6 1974
 3:41.1 4:42.1
 Steve Brant Warren Hinkle
2. Greg Brant Mike Swift 20:08.7 1972
 4:48.7 4:41.3
 Warren Hinkle Mike Anderson
3. Chris Dehn Garry Raveling 20:10.7 1977
 Jamie Jackson Don Keenan
4. Steve Bye Brian Day 20:10.8 1980
 Duane Smith Jeff Travis
5. Pete Clark Jamie Jackson 20:24.6 1978
 Jeff Hulse Tim Mulvaney

SOPHOMORE 4000 (4 MILE) RELAY

1. Steve Brant Dave Larson 21:11.1 1973
 4:55 5:37.5
 Randy Schreckengast Mike Tokar
2. 5:24.9 5:28.1

VARSITY 1000 METER (2 1/2 MILES) DISTANCE MEDLEY

1. Jeff Hudson Pat Carr 11:19.1 1981
 55.7 2:12
 Roger Dehn Steve Bye
 3:27 4:45
2. Doug Janssick Tom Waldfield 11:51.8 1979
 Steve Bye Joe Courley
3. Steve Brant Ross E Anderson 11:56.5 1975
 Gregg Stuen Daryl Boyd
4. Daryl Boyd Gregg Stuen 12:58.6 1974
 Greg Barnett Steve Brant
5. Jeff Miller Gary Weber 12:04 1978
 Jamie Jackson Dave Deanehikian

SOPHOMORE 1000 METER (2 1/2 MILE) DISTANCE MEDLEY

1. Dave Barnaby Tom Hiehltsch 12:08.3 1980
 58.9 2:16.2
 Duane Smith Steve Bye
 3:44.6 5:06.4
- 2.

CENTRAL LAKES CONFERENCE

TRACK & FIELD

CHAMPIONSHIP

MAY 14, 1981

BOYS

HIGH JUMP

| | | |
|--------------------|-----------|------|
| 1. MIKE RENSTROM | CAMBRIDGE | 6'2" |
| 2. Jamie Templeton | Brainerd | 6'2" |
| 3. Phil Johnson | Tech | 6'1" |
| 4. Owen Trout | Willmar | 6'1" |
| 5. Guy Vance | Tech | 6'0" |
| 6. Mike Donahue | Elk River | 6'0" |

110 Meter Hurdles

| | | |
|------------------|------------|------|
| 1. Matt Maier | Tech | 15.2 |
| 2. Tim Knutson | Elk River | 15.8 |
| 3. Todd Johnson | Tech | 15.9 |
| 4. Todd Roth | Alexandria | 16.0 |
| 5. Mike Renstrom | Cambridge | 16.1 |
| 6. Mike Peterson | Cambridge | 16.2 |

100 Meter Dash

| | | |
|-------------------|--------------|------|
| 1. Mike Kloskin | Apollo | 11.1 |
| 2. John Mohr | Willmar | 11.7 |
| 3. Greg Sorensen | Brainerd | 11.1 |
| 4. Lance Hoaglund | Elk River | 11.1 |
| 5. Jeff Thorpe | Willmar | 11.3 |
| 6. Dave Stumpf | Little Falls | 11.4 |

Long Jump

| | | |
|------------------|--------------|----------------------|
| 1. Mike Donahue | Elk River | 21'5" |
| 2. Greg Sorenson | Brainerd | 21'2 $\frac{1}{2}$ " |
| 3. Ray Schreck | Elk River | 20'8 $\frac{1}{2}$ " |
| 4. Jay Behrens | Alex | 20'8" |
| 5. Pat Eurnstahl | Little Falls | 20'7 $\frac{1}{2}$ " |
| 6. Mike Renstrom | Cambridge | 20'3 $\frac{1}{2}$ " |

SPRINT Medley Relay

| | |
|-----------------|--------|
| 1. Apollo | 3:43 |
| 2. Tech | 3:44.3 |
| 3. Alex | 3:45.0 |
| 4. Elk River | 3:45.6 |
| 5. Cambridge | 3:47.2 |
| 6. Little Falls | 3:47.3 |

1600 M Run

| | | |
|------------------|--------------|--------|
| 1. Scott Head | Tech | 4:21.1 |
| 2. Dean Brix | Apollo | 4:22.2 |
| 3. Paul Nelson | Little Falls | 4:30.6 |
| 4. Todd Noack | Apollo | 4:31.7 |
| 5. Mike Phillips | Cambridge | 4:35.1 |
| 6. Dan Thralow | Apollo | 4:37.5 |

400 Relay

| | |
|--------------|------|
| 1. Elk River | 43.6 |
| 2. Apollo | 44.4 |
| 3. Brainerd | 44.5 |
| 4. Cambridge | 45.6 |
| 5. Tech | 45.6 |
| 6. Alex | 46.4 |

400 M Dash

| | | |
|------------------|--------------|------|
| 1. Kevin Defries | Little Falls | 50.7 |
| 2. Todd Dudgeon | Brainerd | 50.7 |
| 3. Mike Rudkin | Brainerd | 51.3 |
| 4. Bob Martin | Willmar | 51.6 |
| 5. Mark Schroll | Apollo | 51.8 |
| 6. Dave Bradley | Cambridge | 52.0 |

Discus

| | | |
|-------------------|--------------|---------|
| 1. Ron Klinker | Little Falls | 148'9" |
| 2. Jeff Gigstad | Alex | 141'11" |
| 3. Jeff Mathiason | Apollo | 136'3" |
| 4. Pat Erdrick | Little Falls | 135'8" |
| 5. Jeff Ramey | Willmar | 132'1" |
| 6. Mike Kjera | Apollo | 130'2" |

Shot Put

| | | |
|--------------------|--------------|----------------------|
| 1. Cory Sweeny | Apollo | 54'5" |
| 2. Ron Klinker | Little Falls | 54'1 $\frac{1}{2}$ " |
| 3. Pat Erdick | Little Falls | 53'2" |
| 4. Joel Kuebelbeck | Little Falls | 51'8" |
| 5. Jeff Thorpe | Willmar | 51'3" |
| 6. Tom Sullivan | Brainerd | 50'9" |

300 IM Hurdles

| | | |
|-------------------|-----------|------|
| 1. Matt Maier | Tech | 41.0 |
| 2. Tim Knutson | Elk River | 41.5 |
| 3. Steve Schiller | Apollo | 42.1 |
| 4. Mike King | Brainerd | 42.1 |
| 5. Todd Johnson | Tech | 42.6 |
| 6. Guy Vance | Tech | 42.6 |

800 M Run

| | | |
|------------------|----------|--------|
| 1. Dean Brix | Apollo | 1:58.1 |
| 2. Dan Johnson | Tech | 1:58.5 |
| 3. Mike Rudkin | Brainerd | 1:59.8 |
| 4. Scott Head | Tech | 2:01.6 |
| 5. Jim Marrs | Apollo | 2:02.9 |
| 6. Dave Anderson | Brainerd | 2:03.9 |

Boys Cont.

Pole Vault

| | | |
|-------------------|--------------|------|
| 1. Den Walthers | Willmar | 12'6 |
| 2. Mike Zumwinkle | Tech | 12'6 |
| 3. Paul Twomey | Little Falls | 12'6 |
| 3. Pete Milbery | Tech | 12'6 |
| 5. Russ Adamski | Elk River | 11'6 |
| 6. Tom Siverhus | Cambridge | 11'6 |

200 M Dash

| | | |
|----------------------|--------------|------|
| 1. Kevin DeFreis | Little Falls | 22.9 |
| 2. Lance Hoaglund | Elk River | 22.9 |
| 3. Bret Hoaglund | Elk River | 23.0 |
| 4. Jon Mohr | Willmar | 23.2 |
| 5. Tim Link | Brainerd | 23.2 |
| 6. Ray Schreckenhaus | Elk River | 23.4 |

Triple Jump

| | | |
|---------------|-----------|-----------|
| Mike Donahue | Elk River | 43'5 |
| Mike Renstrom | Cambridge | 42'3 |
| Jim Kraser | Brainerd | 41'4 1/4 |
| Jay Behrens | Alex | 40'6 1/2 |
| Greg Sorenson | Brainerd | 40'1 |
| Curt Johnson | Brainerd | 39'11 1/2 |

3200 M Run

| | | |
|------------------|--------------|---------|
| 1. Mark Matthews | Brainerd | 9:27.5 |
| 2. Paul Nold | Cambridge | 9:27.5 |
| 3. Paul Nelson | Little Falls | 9:54.3 |
| 4. Tom Wagner | Apollo | 9:57.3 |
| 5. Jeff Evander | Alex | 9:58.2 |
| 6. John Feller | Tech | 10:13.1 |

1600 M Relay

| | |
|-----------------|--------|
| 1. Elk River | 3:29.3 |
| 2. Apollo | 3:31.9 |
| 3. Willmar | 3:35.6 |
| 4. Little Falls | 3:38.9 |
| 5. Cambridge | 3:40.1 |
| 6. Alexandria | |

TEAM TOTALS

| | |
|-----------------|----|
| 1. Apollo | 90 |
| 2. Elk River | 88 |
| 3. Tech | 83 |
| 4. Little Falls | 77 |
| 5. Brainerd | 75 |
| 6. Cambridge | 42 |
| tie 6. Willmar | 42 |
| 8. Alexandria | 30 |

REGION IV AA 1981

Final Results - From 1st Day, Tuesday, May 26, 1981

3200 Meter Run - Boys

| | | |
|--------------------|------------|--------|
| 1. Faust, Tom | H.-Murray | 9:30.8 |
| 2. Meysembourg, P. | Stillwater | 9:34.3 |
| 3. Ray, Dan | Blaine | 9:42.9 |
| 4. Hovin, Leif | M. View | 9:47.4 |
| 5. Betz, Denny | Tartan | 9:48.0 |
| 6. Amon, Mark | Mariner | 9:50.7 |

Pole Vault - Boys

| | | |
|--------------------|------------|-------|
| 1. Steinwall, Jim | M. View | 13'4" |
| 2. Miller, Dana | Stillwater | 13'4" |
| 3. Larson, Larry | Still. | 13'0" |
| 4. Buffington, Rod | Blaine | 12'6" |
| 5. Murray, Mike | Mariner | 12'6" |
| 6. Crusch, Tim | Irondale | 12'0" |

High Jump - Boys

| | | |
|-------------------|------------|------|
| 1. Hubbard, Paul | Mariner | 6'6" |
| 2. Rydberg, Doug | Centennial | 6'5" |
| 3. Donahue, Mike | Elk River | 6'4" |
| 4. Dahl, Darwin | Tartan | 6'2" |
| 5. Woodward, Paul | M. View | 6'2" |
| 6. Winberg, Dave | For. Lake | 6'2" |

Discus - Boys

| | | |
|-------------------|-------------|---------|
| 1. McKeag, Dave | WBL | 159'10" |
| 2. Nordberg, Dave | Sp. Lk. Pk. | 151'9" |
| 3. Wolfe, Matt | C. Rapids | 142'3" |
| 4. Schwab, Rick | For. Lake | 138'7" |
| 5. Heffron, Tim | M. View | 137'2" |
| 6. Topic, Lee | Sp. Lk. Pk. | 135'0" |

Long Jump - Boys

| | | |
|-------------------|-------|------------|
| 1. Woodward, Paul | MV | 21'10 3/4" |
| 2. Donahue, Mike | ER | 21'11 1/4" |
| 3. Bird, Dan | Stil | 21' 3/4" |
| 4. Janssen, Paul | Anoka | 21' 1/2" |
| 5. Anderson, Ron | NSP | 21' |
| 6. Clauer, Dave | CR | 20'11" |

1600 Meter Relay - Boys

| | |
|---------------------|--------|
| 1. Mounds View | 3:24.7 |
| 2. Spring Lake Park | 3:26.7 |
| 3. Irondale | 3:28.3 |
| 4. Elk River | 3:28.4 |
| 5. Blaine | 3:28.7 |
| 6. Anoka | 3:28.7 |

Boys Final Standings

| | |
|-----------|-----|
| 1. MV | 100 |
| 2. Still | 76 |
| 3. Blaine | 58 |
| 4. ER | 50 |
| 5. CR | 39 |
| 6. FL | 27 |
| 7. WBL | 26 |
| 8. SLP | 23 |
| 9. Tartan | 15 |
| 10. HM | 14 |
| 10. NSP | 14 |
| 12. Mar | 13 |
| 13. Cent. | 12 |
| 14. Iron | 11 |
| 15. CH | 10 |
| 16. Anoka | 8 |

REGION IV AA 1981

Final Results - Thursday, May 28, 1981

110 Meter High Hurdles - Boys

| | | |
|--------------------|------|------|
| 1. Rogowski, Gene | Stil | 15.4 |
| 2. Weig, Adam | Stil | 15.4 |
| 3. Matuseski, Dave | FL | 15.5 |
| 4. McMillan, Dan | MV | 15.7 |
| 5. Marschke, Jon | Stil | 15.7 |
| 6. Ewing, Burt | Iron | 15.8 |

100 Meter Dash - Boys

| | | |
|------------------|--------|------|
| 1. Samuel, Bob | MV | 11.2 |
| 2. McDonald, Rob | Blaine | 11.3 |
| 3. Ogren, Mark | MV | 11.4 |
| 4. Donahue, Mike | ER | 11.6 |
| 5. Harden, Chris | Tartan | 11.7 |
| 6. Dunlap, Scott | Anoka | 11.6 |

1600 Meter Medley Relay - Boys

| | |
|----------------|--------|
| 1. Mounds View | 3:34.5 |
| 2. Blaine | 3:35.7 |
| 3. Stillwater | 3:39.3 |
| 4. Elk River | 3:42.4 |
| 5. Hill-Murray | 3:43.7 |
| 6. White Bear | 3:44.2 |

1600 Meter Run - Boys

| | | |
|--------------------|--------|--------|
| 1. Meysembourg, P. | Stil | 4:23.2 |
| 2. Rajala, Scott | Blaine | 4:24.0 |
| 3. Wageman, Craig | Tartan | 4:24.8 |
| 4. Casale, Dave | CR | 4:25.3 |
| 5. Nagel, Jim | Hill | 4:29.1 |
| 6. Betz, Denny | Tartan | 4:29.6 |

400 Meter Relay - Boys

| | | |
|-----------------|------|---------|
| 1. Moundsview | 43.5 | *Record |
| 2. Elk River | 43.6 | S |
| 3. Blaine | 44.2 | |
| 4. Forest Lake | 44.8 | |
| 5. No. St. Paul | 45.2 | |
| 6. White Bear | 45.4 | |

400 Meter Dash - Boys

| | | |
|---------------------|------|------|
| 1. Yorkovich, Scott | NSP | 50.7 |
| 2. Bracken, Jeff | MV | 50.8 |
| 3. Corbett, Todd | CH | 51.2 |
| 4. Childs, Pat | MV | 51.3 |
| 5. Herbert, Phil | Iron | 51.6 |
| 6. Halva, Rob | Iron | 51.6 |

300 Meter Int. Hurdles - Boys

| | | |
|--------------------|-------|------|
| 1. Rogowski, Gene | Stil | 39.7 |
| 2. Barnier, Keith | ER | 40.4 |
| 3. Matuseski, Dave | FL | 40.4 |
| 4. Schlagel, Al | Cent | 40.4 |
| 5. McMillan, Dan | MV | 41.0 |
| 6. Weig, Adam | Still | 41.1 |

800 Meter Run - Boys

| | | |
|-------------------|--------|--------|
| 1. Shimek, Dale | Blaine | 1:58.2 |
| 2. Williams, John | CR | 1:58.4 |
| 3. McGrath, Bob | FL | 1:58.6 |
| 4. Roo, Jim | Blaine | 2:00.2 |
| 5. Martin, Bill | Anoka | 2:00.6 |
| 6. Landgreen, Joe | Stil | 2:01.3 |

Shotput - Boys

| | | |
|-------------------|--------|------------|
| 1. Wolf, Matt | CR | 57'11" |
| 2. Tessier, Scott | WBL | 56'5 3/4" |
| 3. McKeag, Dave | WBL | 52'2" |
| 4. Topic, Lee | SLP | 51'10 1/4" |
| 5. Nordberg, Dave | SLP | 51'9" |
| 6. Grad, Tom | Blaine | 49'8" |

200 Meter Dash - Boys

| | | |
|--------------------|--------|------|
| 1. Kne, Jerry | CR | 22.5 |
| 2. Samuel, Bob | MV | 22.6 |
| 3. Hoaglund, Lance | ER | 22.6 |
| 4. Corbett, Todd | CH | 22.8 |
| 5. Hoaglund, Bret | ER | 23.1 |
| 6. McDonald, Rob | Blaine | 23.1 |

KNIFE IS GOING

There's no skill in easy sailing
When the skies are clear and blue

There's no joy in merely doing
Things that anyone can do.

But there is great satisfaction,

That is mighty sweet to take

When you reach a destination

That they said you couldn't make.