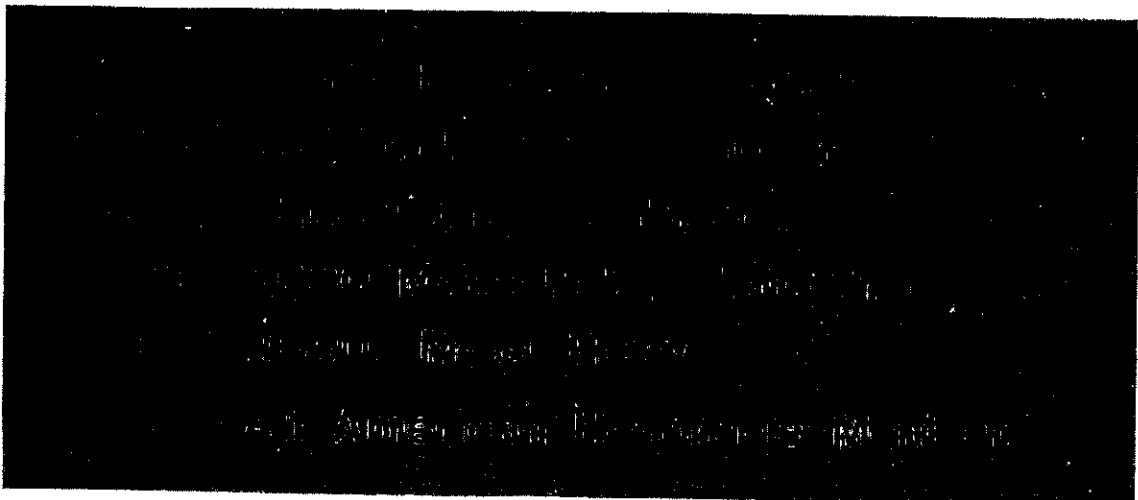


ELK RIVER

1984 BOYS TRACK & FIELD



Track History Continued

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 was taken by Rollie Jarvi while Colin Anderson, one of the top ranked shot putters in the United States, took over shot and discus duties for both the boys and the girls. Finally, this was the year of the Soph. 11 sophomore records were broken and 1 was tied. The experience 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. The Varsity 440 Relay team of Dan Kolles, Steve Slavik, Craig Hinrichs and Clint Leger broke the school record with a time of 45.9. The Elks competing in one of the top regions in the state, qualified several people for the finals. They were all underclassmen. The outlook for 1978 is promising.

1978 was a great year! If you look at the competition and schedule, you might 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. With a first place finish in the Central Lakes and a 4th place finish in Region IV AA, the Elks proved that they could run with the best. Along the way 7 varsity records were broken. Bob Lashinski broke the Pole Vault record which was the oldest record on the charts. Senior Jeff Miller broke both the 220 and 440 records, and qualified for the state in the 220. Rick Steblay broke the Intermediate Hurdle record and ran well enough in the Region High Hurdle race to go to the state and place 5th in that event. 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 and challenges will greet the Elks in 1979.

Injuries and success both dominated the 1979 season. Key injuries to 5 key lettermen dampened the teams chances for any championships. On the other hand individual efforts by several key people brought them and the team success. In the State Meet, Rick Steblay placed 2nd in the High Hurdles and 1st in the Intermediate Hurdles earning him and the Elks 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 records. The 440 Relay team of Steve Slavik, Jeff Stone, Mike Morgen and Clint Leger also broke the school record, were conference champs and placed 2nd in the Region meet. Mike Donahue broke the school record in the triple jump, broke the sophomore long jump record and tied the high jump sophomore record. In addition many other Elks contributed to the overall effort of the 1979 team. Again many PRs were set as the great tradition of Elk River Track Teams continued. Although 1980 will find the Elks without 14 of last year's 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 the records broken and tied, and Mike Donahue's 7th place finish in the State Long Jump. Steve Bye broke the Sophomore 1 and 2 mile records, Keith Barnier the Sophomore Intermediate Hurdle record, Bret Hoaglund the Sophomore 220 record, Jon Smith the Sophomore Discus record, Lance Hoaglund the Varsity 200 record, Mike Donahue the varsity Triple Jump record and Jeff Zerwas tying the Varsity Pole vault record. With Colin Anderson training towards an Olympic team Shot Put berth, Dave Stadden took over the 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 and 4th in the Region IV AA. The Elks also had 5 people in 3 events at the State track meet. They were Mike Donahue in the Long Jump, Keith Barnier in the Inter-Hurdles, and the 440 Relay team of Mike Donahue, Ray Schreckenghaust, Bret Hoaglund and Lance Hoaglund. The 1981 Elks broke 4 varsity records and tied one. They also broke 2 Sophomore records. With the loss of 6 seniors, the Elks are looking forward to 1982.

1982 was one of the best seasons the Elks have had in recent years. The team was very well balanced and could score points in every event on a good day. The Elks won the Central Lakes Title with some controversy. They also placed 3rd in the Region IV AA which was the best ever for the Elks in AA competition. Three varsity and 6 sophomore records were broken. Keith Barnier, Bret Hoaglund, Pat Carr and Ray Schreckenghaust all qualified for the State Meet. The Elks will miss those who graduated, but the returning members of the 1982 team will again carry on the great tradition of Elk River Track in 1983.

1983! What a year! Central Lakes Champs, Region IV AA Champs and Mile Relay State Champs. The Elks truly saved the best for last. It seemed that most of the season the Elks just couldn't put it together. They were never out of the big meets during the year, but they just couldn't seem to have that real good day. The question wasn't if the Elks could do it, but when? It all happened the last 3 weeks of the season. The culmination of the season was the Elks qualifying the most people ever for the State Meet. They were: Jeff J. Smith High Jump, Craig Krupke High Hurdles, Intermediate Hurdles, Mile Relay, Pat Carr 400, Sprint Medley Relay and Mile Relay, Bryce Daily 400, Sprint Medley and Mile Relay, Ray Schreckenghaust 200, Long Jump, Mile Relay, Mark Ollila Sprint Medley, Paul Lutz Sprint Medley and Eric Nystrom Sprint Medley. 5 of these Elks return in 1984 plus many other lettermen. Can the 1984 team top the team of 1983? Why not? The best is yet to be!

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. Dahlheimer and J. Perry. For the 1941-42 season, Ron Sass 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 turned in 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 Lloyd Gray, Rollie Hanks, Gene Sellon, and Paul Ebner 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. 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 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 3rd. His time of 1 minute 54 seconds is still, not only an Elk River school record, but stands as one of the best 880s ever run in the State track meet in Minnesota. Also qualifying for the State Meet was John MacIntyre in the Pole Vault who could not compete because he broke his pole.

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 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 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 Smit 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 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. 9¾ inches. Dan Reemts 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 teams 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 Spring Medley with a time of 3:35.1. Both the Spring Medley and the Mile Relay teams placed 4th in the State Meet. Steve Brant qualified for the finals of the 880. For the 4th year in a row, the Elks were the Rum River Champions and it was also the last year for the Elks 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 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 Regions. 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.



Coach Jarvi and Coach Sagan

7th Grade Track Records

60 yd. dash	T. Osborn	7.1	1982	880 relay	Grupa/DeMars Barsody/Wrobel	1:50.4	1978
100 yd. dash	T. Osborn	11.8	1982	Shot put	C. Jarmoluk	38'2"	1982
220 yd. dash	R. Wrobel	27.05	1978	Discus	Barsody	102'9"	1978
440 yd. dash	D. Israels	63.1	1982	Long jump	T. Osborn	18'2"	1974
880 yd. run	J. Paulsen	2:23.01	1983	High jump	R. Wrobel	5'2"	1978
¾ mile run	S. Bartush	4:01.9	1975	Pole vault	Terhaar	9'0"	1978
70 yd. low	C. Johnson	10.3	1981	Mile	J. Paulsen	5:24	1983
100 low hurdles	T. Olson	13.3	1973				
120 low hurdles	L. Lynch	16.3	1975				
	Gruppa/Barsody DeMars/Wrobel	52.2	1978				

8th Grade Track Records

60 Dash	T. Osborn	7.04	1978	880 Relay	Barsody Barnier Stolte Knutson	145.83	1978
100 Dash	P. Carr	11.18	1979	Mile	M. Jeanette	5:16	1982
220 Dash	B. Voels	25.5	1973	Shot Put	R. Johnson	45'10"	1982
440 Dash	B. Olson	57.5	1981	Discus	J. Barsody	129.4	1979
880 Run	C. Johnson	2:18	1982	Long Jump	C. Johnson	18'3"	1982
70 Lows	C. Krupke	9.83	1980	High Jump	D. Slavik	5'6"	1982
100 Lows	R. Stebley J. Hawkins	13.3	1975 1970	Pole Vault	R. Anderson	9'9"	1971
120 Lows	R. Stebley	15.5	1975				
440 Relay	Barsody Wrobel Anderson Grupa	50.65	1979				

9th Grade Track Records

100 Dash	Leger R. Dube	10.8	1975 1978	Mile relay	Terhaar Dehn Schreck Byrnes	3:52.0	1980
220 Dash	J. Hawkins	24.6	1971	Shot put 12 lb.	J. Smith	40'7	1979
440 Dash	R. Schreckenghaust	56.0	1980	Shot put 8 lb.	B. Anderson	52'2½"	1970
880 Run	S. Maricle	2:10.9	1979	Discus Jr. High	R. Nielson	154'5"	1969
Mile run	R. Anderson	4:56.9	1969	Discus Sr. High	J. Barsody	116'6½"	1980
70 Int	M. Anderson	9.58 (w/a) 9.97	1980	Long jump	R. Schreckenghaust	18'9"	1980
100 lows	K. Barnier	12.5	1979	High jump	B. Anderson	5'11"	1970
180 lows	K. Barnier	22.74	1979	Pole vault	M. Zahler	11'	1972
880 relay	D. Kolles C. Hinrichs M. Tokar T. Knutson	1:41	1975				

Past State Track Entrants

EVENT	NAME	TIME OR DISTANCE	PLACE	YEAR
Discus	Rollie Hanks			1956
100 Yard Dash	Lloyd Gray			1956
220 Yard Dash				
1 Mile Run	Dave Stadden			1956
880 Yard Relay	Lloyd Gray, Rollie Hanks			1956
	Gene Sellon, Paul Enger			
880 Yard Run	Walt Malmstrom			1964
1 Mile Relay	Carl DeMars, Walt Malmstrom			1965
	Dick Lenz, John MacIntyre			
880 Yard Run	Walt Malmstrom	1:54.0	3rd	1965
Pole Vault	John MacIntyre			1965
Long Jump	Frank Kopetka	21 ft. 9½ in.	5th	1971
100 Yard Dash	Mike Lefebvre			1971
High Hurdles	Steve Smit			1973
Long Jump				
High Hurdles	Jeff Hawkins	15.3	1st	1973
Low Hurdles		21.6	3rd	
Shot Put	Dan Reemts			1974
High Hurdles	Steve Smit	14.8	2nd	1974
Low Hurdles				
Long Jump		21 ft. 9¾	2nd	
High Hurdles	Jeff Hawkins	14.6	1st	1974
100 Yard Dash				
Low Hurdles		19.8	1st	
880 Yard Run	Steve Brandt			1975
Sprint Medley Relay	Brian Klemz, Daryl Boyd	3:39	4th	1975
	Bruce Powers, Gregg Skuza			
1 Mile Relay	Steve Brant, Daryl Boyd	3:30	4th	1975
	Gregg Skuza, Brian Klemz			
Discus	Paul Zabee	159 ft. 8	3rd	1976
220 Yard Dash	Jeff Miller			1978
High Hurdles	Rick Steblay	15.3	5th	1978
High Hurdles	Rick Steblay	13.7	2nd	1979
Intermediate Hurdles		39.2	1st	
200 Yard Dash		22.7		
Long Jump	Mike Donahue	21 ft. 1½	7th	1980
Long Jump	Mike Donahue	21 ft. 8	7th	1981
Intermediate Hurdles	Keith Barnier	41.5		1981
400 Meter Relay	Mike Donahue, Ray Schreckenghaust	44.0	5th	1981
	Bret Hoaglund, Lance Hoaglund			
Intermediate Hurdles	Keith Barnier	40.2		1982
400 Meter Run	Pat Carr	51.5		1982
200 Meter Run	Bret Hoaglund	22.5		1982
Long Jump	Ray Schreckenghaust	22 ft. 3	6th	1982
400 Meter Run	Pat Carr	50.1	5th	1983
Sprint Medley Relay		3:43.3		
1600 Meter Relay		3:22.9	1st	
Long Jump	Ray Schreckenghaust			1983
Sprint Medley Relay		3:43.3		
200 Meter Dash		23.4	7th	
1600 Meter Relay		3:22.9	1st	
High Hurdles	Craig Krupke	15.7		1983
Intermediate Hurdles		39.9	8th	
1600 Meter Relay		3:22.9	1st	
High Jump	Jeff J. Smith	6 ft. 3 in.		1983
400 Meter Run	Bryce Daily	50.1 50.8	7th	1983
Sprint Medley Relay		3:43.3		
1600 Meter Relay		3:22.9	1st	
Sprint Medley Relay	Mark Ollila			1983
Sprint Medley Relay	Paul Lutz			1983
Sprint Medley Relay	Eric Nystrom	3:43.3		1983

**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	22.3	22.2	1982
440 Yd. Dash	Pat Carr	49.9	49.6	1983
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	Craig Krupke, Bryce Daily Ray Schreckenghaust, Pat Carr	3:23.8	3:22.7	1983
2 Mile Run	Warren Hinkle	9:50.6	9:48.4	1974
2 Mile Relay	Brian Klemz, Daryl Boyd Gregg Skuz, Steve Brant	8:12	8:09.8	1975
880 Relay	Glen Anderson, Pat Carr Ray Schreckenghaust, Bret Hoaglund	1:32.1	1:31.4	1982
440 Relay	Ray Schreckenghaust, Bret Hoaglund Mike Donahue, Lance Hoaglund	43.8	43.6	1981
Sprint Medley Relay	Bruce Powers, Brian Klemz Daryl Boyd, Gregg Skuza	3:35.1	3:34	1975
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
	Jeff J. Smith	6 ft. 6 in.	1.98 M	1983
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. 2¾ 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 Med. Relay	Jeff Hudson, Pat Carr Roger Dehn, Steve Bye	11:19.1 (4000 M)	11:19.2	1981

SOPHOMORE RECORDS

EVENT	NAME	TYPE OR DISTANCE	METRIC	YEAR
100 Yd. Dash	Duane Lakoduk	10.6	11.4	1972
200 Yd. Dash	Bret Hoaglund	22.8	22.7	1980
440 Yd. Dash	Bryce Daily	52.7	52.4	1982
880 Yd. Run	Tom Weinhold	2:05	2:04.3	1977
1 Mile Run	James Wallace	4:44.1	4:43	1983
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 Rick Steblay	15.0 15.0	15.0 15.0	1972 1977
Intermediate Hurdles	Keith Barnier Craig Krupke	41.2 41.2	41.2 41.2	1980 1982
High Jump	Jeff J. Smith	6 ft. 1 in.	1.855 M	1982
Long Jump	Ray Schreckenghaust	20 ft. 8½ in.	6.31 M	1981
Triple Jump	Mike Donahue	41 ft. 1 in.	12.52 M	1979
Pole Vault	Brad Holt	11 ft. 9 in.	3.58 M	1982
Shot Put	Cliff Anderson	47 ft. 8 in.	14.53 M	1975
Discus	Craig Otto	124 ft. 11 in.	38.08 M	1982
4 Mile Relay	James Wallace, Tom Earl Eric Nystrom, Kevin Juntunen	20:57.4	20:53	1982
Distance Med. Relay	Tom Earl, Kevin Juntunen James Wallace, Eric Nystrom	11:48.3	11:45.5	1982

1984 Elk River Boys' Varsity Schedule

March 13	Tuesday	Scrimmage Anoka	Anoka Fieldhouse	7:00 p.m.
March 17	Saturday	Outstate Meet	U of M Fieldhouse	3:00 p.m.
March 22	Thursday	Eden Prairie Invit.	Carlton	5:30 p.m.
March 31	Saturday	Central Lakes Conf. Indoor	St. Cloud	11-5 p.m.
April 10	Tuesday	Park Cottage Invit.	Cottage Grove	3:00 p.m.
April 14	Saturday	Conference Relays	Little Falls	10:00 p.m.
April 24	Tuesday	Conference Quad. (Apollo, L.F., Will.)	Apollo	4:00 p.m.
April 28	Saturday	Stillwater	Pony Classic	10:00 am
May 1	Tuesday	Conference Tri. (L.B. Brd.)	Home	4:00 p.m.
May 3	Thursday	Coon Rapids Duel	Coon Rapids	4:00 p.m.
May 7	Monday	Centennial Invit.	Circle Pines	4:00 p.m.
May 9	Wednesday	Osseo Soph. Invit.	Osseo	3:00 p.m.
May 10	Thursday	Coon Rapids Invit.	Coon Rapids	4:30 p.m.
May 12	Saturday	Burnsville Relays	Burnsville	All Day
May 17	Thursday	Conference Meet	Little Falls	3:00 p.m.
May 24	Thursday	Cambridge	Cambridge	4:00 p.m.
May 31	Thursday	Region Prelims	Stillwater	9a.m.-1p.m.
June 2	Saturday	Region Finals	Stillwater	1p.m.-5p.m.
June 8, 9	Fri,Sat	State Meet	Bloomington	All Day

1983 TRACK CHAMPIONS

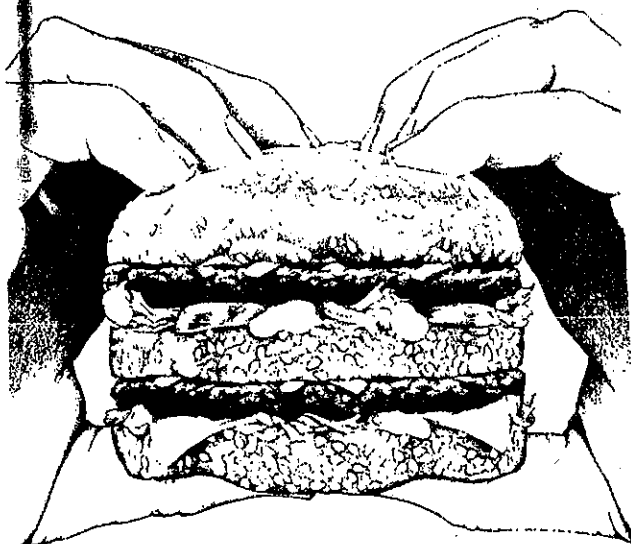


Row 1, Coach Jarvi, Ass. Coach Sagan, D Zahler, p Reighard, L Olmstad, B. Nierenhausen, p Lutz, J Smith, J Wallace, G Winkels, R Beckman, B Holt, Row 2, J Jensen, T Vermeer, B Vasseur, I Schroeder, Earl, E Nystrom, C Otto, B Daily, C Krupke, J Smith, Row 3, M Anderson, S Vandenberg, R Schreckenghaust, P Carr, J Barsody, M Olilla, T Iliff, S Byrnes

It's not whether you win or lose

but how well you eat after the MEET.

Good Luck Elks

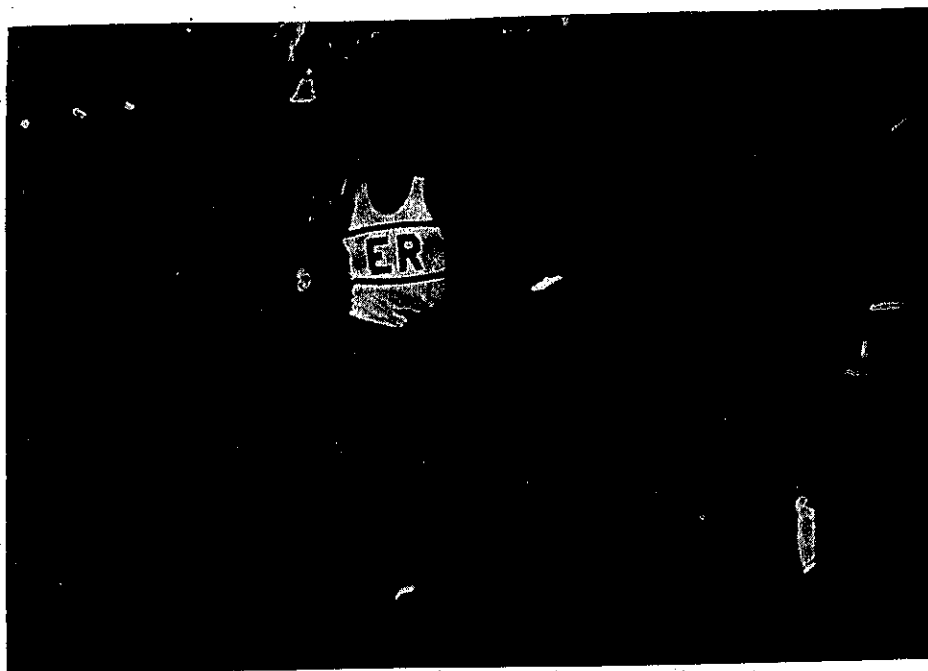


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Wayne Becklin



Steve Smit



Warren Hinkle

TRACK CHAMPIONS



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ELK RIVER



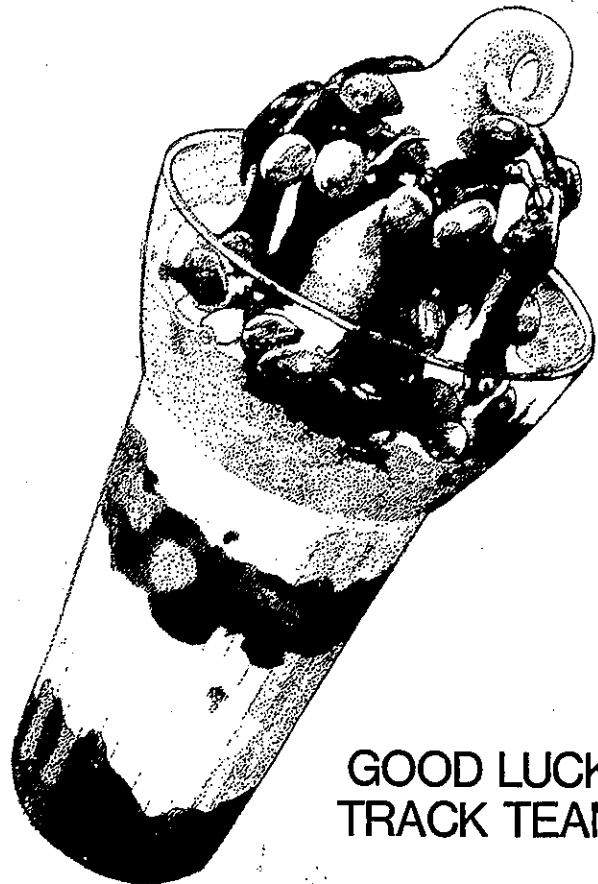
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**GOOD LUCK
TRACK TEAM**

1983 REGION IV RESULTS

110 Meter High Hurdles - Boys

1. Dillon, Scott	AN	14.7**
2. Krupke, Craig	ER	15.0
3. Lindstrom, Mark	MAR	15.3
4. Andersson, Mark	ER	15.3
5. Pierce, Bryan	AN	15.3
6. Blinson, Jeff	MAHT	15.7

400 Meter Dash - Boys

1. Carr, Pat	ER	49.6
2. Daily, Bryce	ER	49.9
3. Oden, Dave	STW	50.1*
4. Leervig, Steve	ANO	50.2
5. Regnier, Joe	WBL	50.7
6. Reidt, Jim	FL	51.2

Long Jump - Boys

Schreckenghaust, Ray	ER	22' 1/2"
Trombly, Brian	AN	21' 5"
Johnson, Art	MV	21' 2 1/2"
Neilson, Bob	NSP	21' 2"
Stewart, Mark	MV	21' 0"
Alexander, Paul	MAR	20' 11 1/2"

600 Meter Relay

1. Blaine	3:22.7
2. Elk River	3:22.9
3. Moundsview	3:27.1
4. Anoka	3:27.4
5. Mariner	3:27.5
6. Forest Lake	3:27.5

100 Meter Dash - Boys

1. Reese, Tim	CR	11.1
2. Wade, Bryan	IRON	11.1
3. Foreman, Chris	LAHT	11.2
4. Alexander, Paul	MAR	11.2
5. Kies, Mike	FL	11.2
6. Bayless, Rick	FL	11.2

300 Meter Intermediate Hurdles - Boys

1. Krupke, Craig	ER	39.9
2. Goldhammer, Dan	NSP	40.0
3. Anderson, Mark	ER	40.5
3. Lundquist, Mark	MV	40.5
3. Kaiser, Dallas	CR	40.5
6. Tokar, Rick	BL	40.8

Discus

1. Goldhammer, Duane	NSP	166' 2"
2. Gopa, Tom	CR	162' 6"
3. Rasmussen, Dave	IRON	156' 6"
4. Juneau, Tim	BL	150' 4"
5. Welborn, Larry	CR	146' 7"
6. Lund, Keith	IRON	146' 4"

Pole Vault

1. Seidl, Steve	WBL	13' 2 1/2"
2. Johnson, Mark	MV	13' 2 1/2"
3. Swandberg, Craig	IRON	13' 0"
3. Larson, Dan	STW	13' 0"
5. Jorgenson, Kevin	BL	12' 6"
6. Booth, Brian	FL	12' 6"

1600 M Sprint Medley Relay - Boys

1. White Bear Lake	3:32.0**
2. Blaine	3:32.1*
3. Elk River	3:34.5*
4. Moundsview	3:35.2*
5. Stillwater	3:36.0*
6. Irondale	3:37.0*

800 Meter Run - Boys

1. Cox, Ed	WBL	1:57.2
2. Pietrofesa, Mark	MV	1:57.2
3. Olson, Dave	IRON	1:59.2
4. Johnson, Paul	STW	1:59.2
5. Church, Steve	WBL	2:00.0
6. Wacker, John	HM	2:00.6

High Jump

1. Lawson, Greg	BL	6' 5 1/2"
2. Devanek, Mike	HM	6' 5 1/2"
3. Smith, Jeff	ER	6' 5 1/2"
4. Bayless, Rick	FL	6' 4"
5. McCarthy, Chris	CR	6' 4"
5. Thon, Paul	BL	6' 4"

Boys Final Team Standings

1. Elk River	91
2. Moundsview	67 1/2
3. Irondale	49
4. Blaine	44 1/2
5. Coon Rapids	39 1/2
6. Hill Murray	35
7. North St. Paul	34
7. White Bear Lake	34
9. Anoka	31
10. Stillwater	27
11. Forest Lake	26 1/2
12. Mariner	20
13. Mahlomeddi	20
14. Tartan	18
15. Spring Lake Park	2
16. Columbia Heights	0
17. Centennial	0

1600 Meter Run Boys

1. Faust, Tom	HM	4:23.6
2. Griffin, Bob	TAR	4:24.2
3. Taylor, Jeff	MV	4:25.5
4. Schmidt, Rolf	NSP	4:28.1
5. Schrepentier, Luke	HM	4:28.5
6. Waataja, David	AN	4:29.1

Shot Put - Boys

1. Sitarz, John	IRON	54' 4"
2. Goldhammer, Duane	NSP	53' 5"
3. Copa, Tom	CR	53' 4 1/2"
4. Sauer, Mark	IRON	42' 11 1/2"
5. Jones, Dan	MAR	51' 9 1/2"
6. Smith, Jeff	CR	51' 5 1/2"

3200 Meter Run

1. Taylor, Jeff	MV	9:25.4*
2. Faust, Tom	HM	9:29.6
3. Charpentier, Luke	HM	9:43.4
4. Paul, Stewart	MV	9:56.4
5. Holthus, Rob	AN	10:00.4
6. Ritzer, Tim	STW	10:05.8

* New region record, track record

400 Meter Relay - Boys

1. Forest Lake	43.2**
2. Stillwater	44.1
3. Coon Rapids	44.3
3. Mahlomeddi	44.3
5. Moundsview	44.6
5. Mariner	44.6

200 Meter Dash - Boys

1. Schreckenghaust, Ray	ER	22.7
2. Wade, Bryan	IRON	22.7
3. Keis, Mike	FL	22.7
4. Alexander, Paul	MAR	22.7
5. Reese, Tim	CR	22.7
6. Oden, Aaron	STW	23.1

Triple Jump

1. Stewart, Mark	MV	44' 3/4"*
2. Johnson, Bruce	BL	43' 6 1/2"
3. Garbar, Jake	MAHT	42' 11"
4. Otto, Craig	ER	42' 1/2"
5. Lennox, Chris	SLP	42' 1/2"
6. Iloff, Tony	ER	41' 6-3/4"

*New region record, stadium record

CONFERENCE RESULTS

HIGH HURDLES

1.	Craig Krupke	E.R.	14.9
2.	Anderson	E.R.	15.5
3.	Schroeder	TE	15.7
4.	Hedquist	BR	15.9
5.	Goenner	TE	16.5
6.	Haire	AP	16.6

400 RELAY

1.	L. Falls	44.5
2.	Willmar	44.6
3.	Tech	45.1
4.	Alexandria	45.3
5.	Apollo	45.8
6.	Elk River	46.4

100 METERS

1.	Schreck	E.R.	11.0
2.	Stransky	LF	11.1
3.	Baer	W	11.1
4.	McCullough	BR	11.2
5.	Peplinski	LF	11.3
6.	Gillingham	LF	11.4

TRIPLE JUMP

1.	Craig Otto	E.R.	42'½"	1.	Rydland	TE	12'9"
2.	Furnstahl	L.F.	41'4½"	2.	JJ Smith	ER	12'0"
3.	Meyer	AP	41'2"	3.	Girtz	LF	11'9"
4.	Nelson	TE	40'4"	4.	JE Smith	ER	11'6"
5.	Iliff	E.R.	40'½"	5.	Holt	ER	11'6"
6.	Olmsted	E.R.	39'9"	6.	Horning	W	11'6"

POLE VAULT

INTERMEDIATE HURDLES

1.	Krupke	E.R.	40.4
2.	Anderson	E.R.	41.8
3.	Kashmark	W	42.5
4.	Malkys	W	42.5
5.	Schroeder	TE	42.7
6.	Scharlder	ALEX	42.9

400 DASH

1.	Garr	ER	50.1
2.	Daily	ER	50.3
3.	Grams	LF	51.4
4.	Schreck	ER	51.6
5.	Anderson	AP	52.2
6.	Lebrass	ALEX	52.6

200 METERS

1.	Schreck	E.R.	22.3
2.	Garr	E.R.	22.7
3.	Stransky	LF	22.8
4.	Daily	E.R.	22.9
5.	Baer	W	23.2
6.	Moline	AP	23.3

LONG JUMP

1.	Schreck	E.R.	22'4½"	1.	Pearson	LF	51'3½"
2.	Furnstahl	L.F.	21'11½"	2.	Evans	AP	49'9"
3.	Meyer	AP	21'1"	3.	Carlson	TE	49'6"
4.	Iliff	E.R.	21'1"	4.	Czech	TE	49'2½"
5.	Kowalik	TE	20'3"	5.	Johnson	ALEX	45'10"
6.	Godman	TE	19'9"	6.	Torgenson	ALEX	45'3½"

SHOT PUT

SPRINT MEDLEY

1.	Apollo	3:38.7
2.	Little Falls	3:40.9
3.	Elk River	3:41.4
4.	Willmar	3:47.7
5.	Tech	3:49.7
6.	Alex	3:53.2

HIGH JUMP

1.	JJ Smith	ER	6'5"
2.	Gillingham	LF	6'5"
3.	Nelson	TE	6'0"
3.	Haire	TE	6'0"
4.	Anhorn	AP	6'0"
5.	Welch	W	6'0"
6.	Kusal	W	6'0"

DISCUS

1.	Johnson	ALEX	138'1"
2.	Pearson	LF	133'9"
3.	Barsody	ER	133'1"
4.	Orth	AP	127'7"
5.	Gulbras	AL	124'4"
6.	Tiede	W	121'10"

800 RUN

1.	Anderson	AP	1:59.5	1.	Wagner	AP	4:24.6
2.	Schweigel	AP	2:01.9	2.	Christen	AL	4:27.7
3.	Trummel	TE	2:04.1	3.	Marrs	AP	4:36.6
4.	Nystrom	ER	2:04.5	4.	Rutten	AL	4:38.4
5.	Marrs	AP	2:04.7	5.	Siefert	LF	4:39.2
6.	Hansman	LF	2:05.6	6.	Fielser	TE	4:39.8

1600 RUN

3200 RUN

1.	Wagner	AP	9:36.5
2.	Christen	AL	9:41.0
3.	Lemieux	LF	10:01.6
4.	Rutten	AL	10:06
5.	Heggen	TE	10:06.2
6.	Anderson	AL	10:06.3

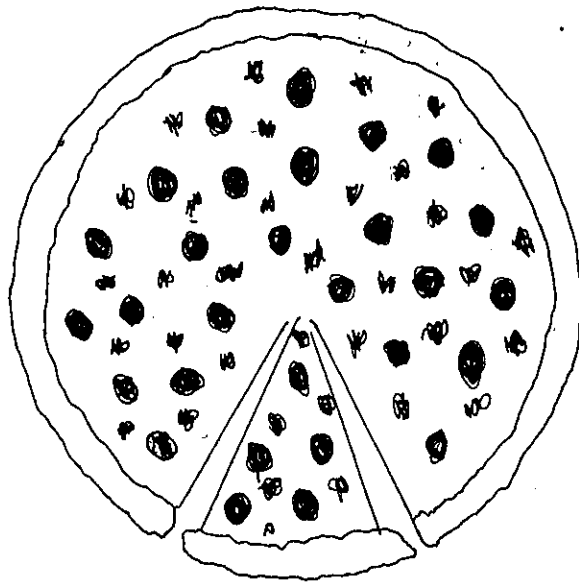
1600 RELAY

1.	Elk River	3:26.1
2.	Little Falls	3:30.0
3.	Willmar	3:53.3
4.	Alexandria	3:36.2
5.	Brainerd	NT
6.	Apollo	NT

TEAM SCORES

1.	Elk River	168
2.	Little Falls	106
3.	Apollo	94
4.	Tech	59
5.	Alexandria	51
6.	Willmar	39
7.	Brainerd	10

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**BOYS CENTRAL LAKES CONFERENCE
TRACK AND FIELD RECORDS**

1982	Shot Put	J. Keubelbeck	Little Falls	59' 5 1/4"
1978	Discus	Layne Kelly	Tech	167' 2"
1983*	Long Jump	Ray Schreckenghaust	Elk River	22' 4 1/2"
1983*	High Jump	Jeff Smith	Elk River	6' 5"
1981	Triple Jump	Mike Donahue	Elk River	43' 5"
1979	Pole Vault	Andy Putz	Apollo	13' 2 1/4"
1983*	110 H Hurdles	Craig Krupke	Elk River	14.9
1982	300 I Hurdles	Keith Barnier	Elk River	39.8
1982, 1983*	100 M Dash	B. Hoaglund & R. Schreckenghaust	Elk River	11.0
1982	200 M Dash	Bret Hoaglund	Elk River	22.2
1983*	400 M Dash	Pat Carr	Elk River	50.1
1981	800 M Run	Dean Brix	Apollo	1:58.1
1981	1600 M Run	Scott Head	Tech	4:21.1
1981	3200 M Run	Mark Mathews	Brainerd	9:27.5
1982	Sp. Mdy. Relay	Zumwinkle, Kowalski, Schepers, Johnson	Tech	3:37.6
1981	400 M. Relay	Anderson, Barnier, Hoaglund, Schreckenghaust	Elk River	43.6
1983*	1600 M. Relay	Paul Lutz, Craig Krupke Pat Carr, Bryce Daily	Elk River	3:26.1

BOYS CHAMPIONS: 1978 - Elk River,
1979 - Apollo, 1980 - Apollo, 1981 -
Apollo, 1982 - Elk River, 1983 - Elk
River.

MEET HIGHLIGHTS

1956	Region IV Champions District 16 Runner-up		Sub Region Champions Region IV A Champions State Class A Runner-up
1971	St. Francis Invitational Champs		Rum River Conference
	Centennial Relays Champs		1975
1972	Rum River Conference Champs		1977 Centennial Relays Champions
	St. Francis Invitational Champs		1978 Central Lakes Conference
	Rosemount Invitational Champs		Centennial Invitational
	Princeton Invitational Champs		Buffalo Invitational Champs
	District 16 Runner-up		1979 Centennial Invitational
1973	Rum River Conference Champs		St. Francis Invitational
	Centennial Relay Champs		State Class AA 5th Place
	Rosemount Invitational Champs		1981 Central Lakes Conference Runner-up
	Spring Lake Park Panther Invitational Champs		1982 Central Lakes Conference
	Sub Region Champions		Centennial Invitational
	Region IV Runner-up		
1974	Rum River Champions		3rd Place Region IV AA
	Princeton Invitational Champs		1983 Central Lakes Conference
	St. Paul Park Relays Class Champs		Region IV AA Champions

CONT.) 1982 and/or 1983 Lettermen

Name	GR.	EVENTS	BEST PERFORMANCES
JEFF E. SMITH	12	Pole Vault	11'6"
ROLLIE BECKER	12	400 Meters 200 Meters 1600 Meter Sprint Medley 1600 Relay 100 Meters 400 Relay 800 Relay	56.4 24.7 25.4 Split Time 200 56.5 Split Time 400 12.4 24.5 Split 200
JIM GREENBERG	12	800 Relay Spring Medley Relay 400 Relay 100 Meters 200 Meters	24.1 Split 200 24.3 Split 200 24.4 12.1
BRUCE NIERENHAUSEN	12	Sprint Medley Relay Triple Jump High Jump 800 Relay 200 Meters 400 Relay	24.6 Split Time 200 36'9" 5'4" 24.8 Split Time 200 24.2
GREG WINKELS	12	800 Meters 1600 Meters 3200 Relay Sprint Medley Relay 3200 Meters	2:14.6 5:07 2:14.6 Split Time 800 2:13.7 Split Time 800 10:58
JIM WALLACE	11	1600 Meters 3200 Meters 400 Meters 4000 Meters Distance Medley Relay 3200 Meter Relay 800 Meters 1600 Relay	4:43 10:32 57.7 2:27 & 3:36 Split Time 2:10.5 Split 800 2:08.5 56.4 Split 400 800 & 1200



BOOKLET CREDITS

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Roland Ring-Jarvi

1982 and/or 1983 Lettermen

NAME	GRADE	EVENTS PARTICIPATED IN More than once 1981-83	BEST PERFORMANCES
ERIC NYSTROM	12	3200 Meter Relay 200 Meters 800 Meters Sprint Medley 4000 Meter Distance Medley Relay 6400 Meter Relay 400 Meters 1600 Meters 3200 Meters 1600 Meter Relay	2:04.5 Split 800 24.2 2:00 55.4 Split Time 2:01 Split Time 2:09 & 4:52 Split Time 800 & 1600 5:03 Split 1600 54.3 4:45.8 10:57.5 55.4 Split 400
CRAIG OTTO	12	High Jump Long Jump Shotput Discus Triple Jump	5'5" 19'7½" 41'10" 139'4" 42'½"
LEE OLMSTEAD	12	High Jump 1600 Meter Sprint Medley Relay 200 Meters Intermediate Hurdles Long Jump Triple Jump 400 Relay	6'8" 26.4 & 56.3 Split Time 200 & 400 24.8 45.8 18'5" 39'9"
BRAD HOLT	12	Pole Vault High Jump	11'9" 5'10"
BRYCE DAILY	12	400 Meters 1600 Meter Sprint Medley Relay 800 Meter Relay 1600 Meter Relay 3200 Meter Relay 200 Meters	49.9 512 & 1:56.7 Split Time 400 & 800 22.7 Split Time 200 50.2 Split Time 400 1:59.7 Split Time 800 22.9
JEFF J. SMITH	12	High Jump Pole Vault	6'6" 12'0"
CRAIG KRUPKE	12	110 Meter High Hurdles 300 Intermediate Hurdles 800 Meter Relay 1600 Meter Sprint Medley Relay 1600 Meter Relay	14.6 39.6 23.4 Split Time 200 23.2 Split Time 200 50.8 Split Time 400
PAUL LUTZ	12	800 Meter Relay 400 Meters 1600 Meter Sprint Medley Relay 1600 Meter Relay 400 Meter Relay 100 Meters	23.6 Split Time 200 51.8 56.6 & 23.4 Split Time 400 & 200 52.4 Split Time 400 12.1
KEVIN JUNTUNEN	12	400 Meters 800 Meters 1600 Meters 6400 Meter Spring Medley Relay 4000 Distance Medley Relay 1600 Meter Relay 3200 Meter Relay 3200 Meters	56.2 2:07.1 5:11 5:17.8 Split 1600 2:11 Split Time 800 57.2 Split 400 2:06.9 Split 800 11:26.6 2:13.4 Split 800

ELK RIVER SENIOR HIGH ALL-TIME TRACK AND FIELD PERFORMANCES

VARSITY 100 METER DASH

1. Miké Lefebvre	10.9	1971
Jeff Hawkins	10.9	1974
2. Duane Lakoduk	11.0	1973
Bret Hoaglund	11.0	1982
Ray Schreckenghaust	11.0	1983
3. Lloyd Gray	11.1	1956
Brad Grupa	11.1	1976
Clint Leger	11.1	1978
Lance Hoaglund	11.1	1981
4. Leo Carey	11.2	1960
Craig Hinrichs	11.2	1977
Pat Carr	11.2	1983
5. Frank Kopetka	11.3	1972

VARSITY 200 METER DASH

1. Bret Hoaglund	22.2	1982
2. Ray Schreckenghaust	22.3	1983
3. Lance Hoaglund	22.6	1980
Pat Carr	22.6	1983
4. Jeff Miller	22.7	1978
Rick Steblay	22.7	1979
5. Bryce Daily	22.9	1983
6. Duane Lakoduk	23.1	1973
7. Dane Mattson	23.2	1970

VARSITY 400 METER DASH

1. Pat Carr	49.6	1983
2. Bryce Daily	49.9	1983
3. Jeff Miller	50.5	1978
4. Gregg Skuza	51.2	1975
5. Walt Malmstrom	51.6	1966
Ray Schreckenghaust	51.6	1983
6. Greg Weber	51.7	1979
7. Paul Lutz	51.8	1983
8. Jeff Stone	51.9	1978
9. Tom Weinhold	52.0	1978

SOPHOMORE 100 METER DASH

1. Duane Lakoduk	11.4	1972
2. Lance Hoaglund	11.5	1979
3. Clint Leger	11.6	1977
Howard Hodge	11.6	1979
Pat Carr	11.6	1981
4. Craig Hinrichs	11.7	1976
Ray Schreckenghaust	11.7	1981
5. Bret Hoaglund	11.8	1980
Greg Weber	11.8	1977
Gary Kolles	11.8	1980
6. Bruce Powers	11.9	1974
Dan Barnett	11.9	1978
Jon Hines	11.9	1980
Mark Anderson	11.9	1981

SOPHOMORE 200 METER DASH

1. Bret Hoaglund	22.7	1980
2. Rick Steblay	23.3	1977
3. Ray Schreckenghaust	23.4	1981
4. Keith Barnier	23.6	1980
5. Pat Carr	24.0	1981
6. Lance Hoaglund	24.2	1979
7. Clint Leger	24.3	1977
8. Brian Klemz	24.4	1973
Steve Slavik	24.4	1977
Howard Hodge	24.4	1979

SOPHOMORE 400 METER DASH

1. Bryce Daily	52.4	1982
2. Pat Carr	52.7	1981
3. Steve Slavik	53.0	1977
4. Tom Weinhold	53.5	1977
5. Paul Lutz	53.5	1982
6. Greg Weber	52.6	1977
7. Chuck Lefebvre	53.8	1973
8. Jeff Piotrowski	53.9	1977
9. Howard Hodge	54.0	1979
10. Tom Mchlitich	54.3	1980
11. Dan Kolles	54.7	1976

VARSITY 800 METER RUN

1. Walt Malmstrom	1:58.3	1966
2. Tom Weinhold	1:58.3	1978
3. Steve Brant	1:59.3	1975
4. Eric Nystrom	2:00	1983
5. Mike Klemz	2:01.3	1973
6. Russ Gesch	2:02.3	1978
7. Brian Klemz	2:02.9	1974
8. Kevin Palmer	2:01.1	1972
9. Steve Bye	2:04.0	1981
10. Mark Kraemer	2:05	1973
Marlon Weber	2:05	1978

VARSITY ONE MILE RUN

1. Ross A. Anderson	4:28.8	1971
2. Warren Hinkle	4:34.1	1974
3. Daryl Boyd	4:36.6	1975
4. Dan Lemmon	4:38	1979
5. Gregg Skuza	4:38.9	1975
6. Steve Bye	4:39.4	1981
7. Walt Malmstrom	4:41.1	1965
8. Mike Anderson	4:42.1	1974
9. Jim Wallace	4:43	1983
10. Russ Gesch	4:44.8	1979

VARSITY TWO MILE RUN

1. Warren Hinkle	9:48.4	1974
2. Jamie Jackman	10:10.0	1977
3. Mike Anderson	10:12.3	1973
4. Roger Dehn	10:15.6	1983
5. Greg Brant	10:15.8	1972
6. Steve Bye	10:17.7	1980
7. Gregg Skuza	10:18.9	1975
8. Dan Lemmon	10:19.6	1979
9. Dave Scribner	10:25.3	1969
10. Jim Wallace	10:32	1982

SOPHOMORE 800 METER RUN

1. Tom Weinhold	2:04.3	1977
2. Russ Gesch	2:06.1	1977
3. Eric Nystrom	2:06.3	1982
4. Duane Smith	2:06.8	1980
5. Kevin Mulvaney	2:06.9	1973
6. Marlon Weber	2:07.2	1976
7. Jim Wallace	2:08.5	1983
8. Roger Dehn	2:11	1981
9. Shaun Friedrich	2:13.5	1977
10. Kevin Juntunen	2:14.1	1982
Gordan Moldenhauer	2:14.1	1970

SOPHOMORE ONE MILE RUN

1. Jim Wallace	4:43	1983
2. Steve Bye	4:45.2	1980
3. Roger Dehn	4:45.4	1981
1. Eric Nystrom	4:45.8	1982
5. Dan Lemmon	4:49.3	1977
6. Ross A. Anderson	4:50.6	1970
7. Steve Brant	4:51.7	1973
8. Steve Choulnard	4:55.5	1974
9. Mike Anderson	5:01.9	1972
10. Randy Lehn	5:02.9	1976

SOPHOMORE TWO MILE RUN

1. Steve Bye	10:17.7	1980
2. Warren Hinkle	10:28.3	1972
3. Jim Wallace	10:32	1982
4. Roger Dehn	10:38	1981
5. Paul Reighard	10:38.7	1983
6. Mike Luconic	10:45.7	1975
7. Eric Nystrom	10:57.5	1982
8. Jamie Jackman	10:57.6	1976
9. Steve Brant	11:00.4	1973
10. Mike Anderson	11:04.3	1972

VARSITY 110 METER HIGH HURDLES

1. Jeff Hawkins	14.4	1973
Rick Steblay	14.4	1979
2. Craig Krupke	14.6	1983
3. Steve Smit	14.8	1974
4. Grant Hartman	15.1	1976
5. Mark Anderson	15.1	1983
6. Shaun Friedrich	15.2	1979
7. Tim Knutsen	15.7	1982
8. Dave Hetrick	15.8	1971
9. Gary Dreissig	15.9	1963

VARSITY INTERMEDIATE HURDLES

1. Rick Steblay	38.2	1979
2. Keith Barnier	39.1	1982
3. Craig Krupke	39.6	1983
4. Mark Anderson	40.5	1983
5. Jeff Hawkins	40.7	1974
6. Mike Morgon	41.3	1979
7. Tim Knutsen	41.5	1981
8. Shaun Friedrich	41.9	1979
9. John Schultz	44.1	1980
10. Grant Hartman	44.3	1976

VARSITY 1600 METER RELAY

ally, Craig Krupke	
3:22.7	1983
50.9	50.8
Ray Schreckenghaust, Pat Carr	
50.7	50.3
2. Steve Brant, Gregg Skuza	
3:24.9	1975
Daryl Boyd, Brian Klemz	
3. Keith Barnier, Bryce Daily	
3:25.8	1982
Ray Schreckenghaust, Pat Carr	
4. Dan Kolles, Jeff Stone	
3:26.5	1978
Steve Slavik, Tom Weinhold	
5. Dan Kolles, Jeff Piotrowski	
3:27.1	1978
Jeff Stone, Steve Slavik	

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POINTS CLUB

Since scoring during the season is based on the 6-4-3-2-1-1 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 track meets.

200 POINTS CLUB

Jeff Hawkins	235	1974
Mike Donahue	220	1981
Ray Schreckenghaust	216	1983
Rick Steblay	208	1982
Ray Schreckenghaust	208	1982
Jeff Hawkins	202	1973

150 POINTS CLUB

Bret Hoaglund	198	1982
Craig Krupke	190	1983
Pat Carr	181	1983
Steve Brant	177	1975
Steve Smit	164	1973
Daryl Boyd	160	1975
Bruce Powers	152	1975

100 POINTS CLUB

Jeff Hawkins	148	1972
Gregg Skuza	148	1975
Bryce Daily	146	1983
Lance Hoaglund	143	1981
Pat Carr	139	1982
Fay Schreckenghaust	135	1981
Rick Steblay	134	1978
Bret Hoaglund	132½	1981
Dan Koiles	125	1978
Steve Smit	124	1974
Brad Grupa	119	1976
Glen Anderson	118½	1982
Jeff Stone	115	1979
Jeff Stone	110	1978
Greg Weber	110	1979
Rick Steblay	107	1977
Steve Slavik	107	1979
Keith Barnier	106	1982
Brian Klemz	105	1974
Duane Lakoduk	103	1973
Clint Leger	102	1978
Steve Slavik	102	1978
Wayne Becklin	100	1972

CONT. ELK RIVER SENIOR HIGH
ALL-TIME TRACK AND FIELD
PERFORMANCES

SOPHOMORE 110 METER
HIGH HURDLES

1. Rick Steblay	15.0	1977
Jeff Hawkins	15.0	1972
2. Craig Krupke	15.5	1982
3. Mark Anderson	16.3	1981
4. Steve Smit	16.4	1972
Shaun Friedrich	16.4	1977
5. Tim Olsen	17.0	1976
6. Chuck Lefebvre	17.5	1973
7. Keith Barnier	17.6	1980
8. Mike Morgen	17.8	1977

SOPHOMORE INTERMEDIATE
HURDLES

1. Keith Barnier	41.2	1980
Craig Krupke	41.2	1982
2. Rick Steblay	41.6	1977
3. Mark Anderson	44.1	1981
4. Shaun Friedrich	44.2	1977
5. Doug Jarmoluk	44.4	1978
6. Mike Morgen	44.9	1977
7. Chuck Lefebvre	45.4	1973
8. Tim Olsen	46.1	1976

SOPHOMORE 1600 METER RELAY

1. Steve Slavik, Tom Weinhold	3:32.9	1977
53.6 54.0		
Jeff Plotrowski, Greg Weber	53.6	53.4
2. Rick Steblay, Steve Slavik		
Jeff Plotrowski, Tom Weinhold	3:35.9	1977
3. Steve Slavik, Greg Weber		
Jeff Plotrowski, Rick Steblay	3:39	1977
4. Greg Weber, Jeff Plotrowski		
Dan Lemmon, Steve Slavik	3:41.9	1977
5. Craig Hinrichs, Marlon Weber		
Tim Mulvaney, Dan Kolles	3:44.8	1976

VARSITY 400 METER RELAY

1. Mike Donahue, Ray Schreckenghaust	43.6	1981
Bret Hoaglund, Lance Hoaglund		
2. Keith Barnier, Glen Anderson	44.1	1982
Ray Schreckenghaust, Bret Hoaglund		
3. Steve Slavik, Jeff Stone	44.2	1979
Mike Morgen, Clint Leger		
4. Bill McAlpine, Clint Leger	44.3	1978
Dan Kolles, Craig Hinrichs		
5. Mark Ollila, Bryce Daily	44.4	1983
Pat Carr, Ray Schreckenghaust		

VARSITY 1600 METER SPRINT MEDLEY
RELAY

1. Bruce Powers, Brian Klemz	3:34.0	1975
24.2 23.1		
Daryl Boyd, Gregg Skuza	50.3	1:57.1
2. Mark Ollila, Paul Lutz	3:34.5	1983
Pat Carr, Bryce Daily		
3. Pat Carr, Ray Schreckenghaust	3:38.6	1982
Bryce Daily, Steve Bye		
4. Dan Kolles, Jeff Stone	3:38.9	1978
Steve Slavik, Jeff Plotrowski		
5. Steve Slavik, Dan Kolles	3:39.9	1978
Jeff Stone, Jeff Plotrowski		

SOPHOMORE 400 METER RELAY

1. Clint Leger, Steve Slavik	46.8	1977
Jeff Plotrowski, Greg Weber		
2. Bruce Powers, Steve McAlpine	47.4	1974
Greg Barrett, Brad Grupa		
3. Dan Kolles, Greg Ebner	47.5	1976
Tim Olson, Craig Hinrichs		
4. Ray Schreckenghaust, Pat Carr	47.5	1981
Rick Wrobel, John Barsody		
5. Mike Donahue, Howard Hodge	48.1	1979
Steve Olson, Lance Hoaglund		
Jim Greenberg, Paul Lutz	48.1	1982
Lee Olmsted, Craig Krupke		

SOPHOMORE 1600 METER RELAY

1. Steve Slavik, Tom Weinhold	3:32.9	1977
53.6 54.0		
Jeff Plotrowski, Greg Weber	53.6	53.4
2. Rick Steblay, Steve Slavik	3:35.9	1977
Jeff Plotrowski, Tom Weinhold		
3. Steve Slavik, Greg Weber	3:39	1977
Jeff Plotrowski, Rick Steblay		
4. Greg Weber, Jeff Plotrowski	3:41.9	1977
Dan Lemmon, Steve Slavik		
5. Craig Hinrichs, Marlon Weber	3:44.8	1976
Tim Mulvaney, Dan Kolles		

VARSITY 800 METER RELAY

1. Glen Anderson, Pat Carr	1:31.4	1982
23.4 23.1		
Ray Schreckenghaust, Bret Hoaglund	22.6	22.8
2. Craig Hinrichs, Rick Steblay	1:31.6	1978
Clint Leger, Jeff Miller		
3. Keith Barnier, Bret Hoaglund	1:31.6	1981
Ray Schreckenghaust, Lance Hoaglund		
4. Mark Anderson, Bryce Daily	1:32.0	1983
Pat Carr, Ray Schreckenghaust		
5. Mark Anderson, Glen Anderson	1:32.5	1982
Ray Schreckenghaust, Bret Hoaglund		

VARSITY 3200 METER RELAY

1. Daryl Boyd, Gregg Skuza	3:34.0	1975
2:02 2:01.2		
Brian Klemz, Steve Brant	2:04.2	2:02.2
2. Eric Nystrom, Kevin Juntunen	3:34.5	1983
Pat Carr, Bryce Daily		
3. Dan Lemmon, Russ Gesch	3:38.6	1982
Jeff Plotrowski, Tom Weinhold		
4. Ross A. Anderson, Ken Orwall	3:38.9	1978
Ron Pouliot, Kevin Palmer		
5. Tom Weinhold, Marlon Weber	3:39.9	1978
Russ Gesch, Jeff Plotrowski		

SOPHOMORE 800 METER RELAY

1. Jeff Plotrowski, Steve Slavik	1:36.7	1977
24.3 24.0		
Jeff Stone, Clint Leger	25.3	25.0
2. Clint Leger, Jeff Plotrowski	1:38.7	1977
Steve Slavik, Jeff Stone		
3. Clint Leger, Mike Morgen	1:39.4	1977
Jeff Plotrowski, Jeff Stone		
4. Brian Klemz, Chuck Lefebvre	1:41.0	1973
Larry Christensen, Steve Brant	1:36.7	1977
1:38.7		
1:39.4		
1:41.0		

SOPHOMORE 3200 METER RELAY

1. Russ Gesch Tom Weinhold	8:42.1	1977
2:09.2 2:07.3		
Shaun Friedrich Dan Lemmon	8:54.6	1973
2. Brian Klemz Kevin Mulvaney	8:54.6	1973
Larry Christensen Steve Brant		
3. Jim Wallace Kevin Juntunen	8:59.1	1982
Tom Earl Eric Nystrom		
4. Jim Wallace Kevin Juntunen	9:03	1982
Greg Winkels Tom Earl		
5. Shaun Friedrich Russ Gesch	9:18.8	1977
Shaun Lemmon Tom Weinhold		

VARSITY TRIPLE JUMP

1. Mike Donahue	43 ft. 8"	11.23	1983
2. Craig Otto	42 ft. 9"	12.93	1983
3. Tony Iliff	40 ft. 6"	12.67	1983
4. Lee Olmstead	39 ft. 9"	12.11	1983
5. John Kraljic	39 ft. 5"	12.05	1978
6. Doug Granlund	38 ft. 11"	11.86	1982
7. Doug Jarmoluk	38 ft. 9"	11.81	1978
8. Steve Smit	38 ft. 4"	11.69	1974
9. Gerard Becker	37 ft. 11"	11.55	1975
10. Sean Byrnes	37 ft. 7"	11.45	1982

VARSITY LONG JUMP

1. Mike Donahue	22 ft. 9"	6.935	1981
2. Ray Schreckenghaust	22 ft. 4"	6.82	1983
3. Steve Smit	21 ft. 9 1/4"	6.65	1974
4. Frank Kopetka	21 ft. 9"	6.64	1971
5. Tony Iliff	21 ft. 1"	6.425	1983
6. Bryan Cornelius	20 ft. 9"	6.325	1960
7. John Kraljic	19 ft. 11"	6.09	1978
8. Bill McAlpine	19 ft. 9 1/4"	6.04	1977
9. Arne Engstrom	19 ft. 8"	6.02	1962
10. Craig Otto	19 ft. 7"	5.98	1983

VARSITY HIGH JUMP

Jeff J. Smith	6 ft. 6"	1.98	1974
2. Mike Donahue	6 ft. 6"	1.98	1983
3. Gene Belanger	6 ft. 2"	1.92	1981
4. Jeff Schober	5 ft. 11 1/4"	1.82	1980
5. Bruce Anderson	5 ft. 11"	1.80	1971
Brad Holt	5 ft. 10"	1.775	1983
6. Arne Engstrom	5 ft. 9 1/2"	1.765	1982
7. Lynn Tebbenkam	5 ft. 9"	1.75	1969

SOPHOMORE TRIPLE JUMP

1. Mike Donahue	41 ft. 1"	12.52	1979
2. Craig Otto	40 ft. 1"	12.215	1982
3. Lee Olmstead	39 ft. 7"	12.085	1982
4. Doug Jarmoluk	38 ft. 9 1/4"	11.815	1978
5. Sean Byrnes	36 ft. 5"	11.10	1981
6. Doug Granlund	36 ft. *	11.01	1980
7. Bruce Powers	36 ft. 1/4"	10.98	1974
8. Rich LaFavor	35 ft. 6"	10.82	1980
10. Rick Steblay	35 ft.	10.67	1978
Andy Clark	34 ft. 8"	10.565	1977
	34 ft. 8"	10.565	1978

SOPHOMORE LONG JUMP

1. Ray Schreckenghaust	20 ft. 8 1/2"	6.31	1981
2. Mike Donahue	20 ft.	6.095	1979
3. Steve Smit	19 ft. 10"	6.045	1972
4. Sean Byrnes	19 ft. 1/4"	5.80	1981
5. Craig Otto	18 ft. 10 1/2"	5.725	1982
6. Lee Olmstead	18 ft. 5"	5.61	1982
7. Doug Jarmoluk	18 ft. 3 1/2"	5.575	1978
8. John Kraljic	18 ft. 3"	5.56	1976
9. Steve Olsen	17 ft. 8"	5.385	1979
10. Jon Hines	17 ft. 4 1/2"	5.35	1980

SOPHOMORE HIGH JUMP

1. Jeff J. Smith	6 ft. 1"	1.855	1982
2. Jeff Hawkins	5 ft. 10"	1.775	1972
Mike Donahue	5 ft. 10"	1.775	1979
3. Bruce Anderson	5 ft. 8"	1.725	1971
Tim Olsen	5 ft. 8"	1.725	1978
Rick Steblay	5 ft. 8"	1.725	1977
Lee Olmstead	5 ft. 8"	1.725	1982
4. Tim Daniels	5 ft. 6"	1.675	1969
5. Tim Gesch	5 ft. 4"	1.625	1976
Terry Rask	5 ft. 4"	1.625	1976
Shaun Friedrich	5 ft. 4"	1.625	1977
Joe Poullot	5 ft. 4"	1.625	1979
Rick Wrobel	5 ft. 4"	1.625	1981
Brad Holt	5 ft. 4"	1.625	1982
6. Greg Barrett	5 ft. 2"	1.575	1974

VARSITY POLE VAULT

1. Bob Lashinski	13 ft.	3.96	1978
Jeff Zarwas	13 ft.	3.96	1980
2. John MacIntyre	12 ft. 9"	3.885	1986
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
Russ Adamski	12 ft.	3.66	1980
Jeff J. Smith	12 ft.	3.66	1983

VARSITY SHOT PUT

1. Wayne Becklin	53' 2 1/4"	16.225	1972
2. Emery LaPointe	52' 7"	16.025	1969
3. Brian Goldman	51' 7"	15.72	1980
4. Randy Nielsen	51' 2"	15.599	1972
5. Brian Kopesky	50' 3 1/4"	15.63	1978
6. Blaise Kraljic	50' 1 1/4"	15.285	1972
7. Dennis Anderson	49' 10 1/2"	15.20	1973
8. Jon Smith	49' 6 3/4"	15.105	1982
9. Cliff Anderson	47' 8"	14.53	1975
10. Bruce Anderson	47'	14.325	1973

VARSITY DISCUS

1. Paul Zabee	159' 8"	48.66	1976
2. Randy Nielsen	155' 5"	47.38	1972
3. Brian Kopesky	149' 9"	45.68	1978
4. Jon Smith	143'	43.58	1982
5. Blaise Kraljic	142' 5"	43.40	1972
6. Emery LaPointe	141' 2"	43.02	1970
Brian Goldman	141' 2"	43.02	1980
7. Ted Olson	137' 9"	41.98	1982
John Barsody	137' 9"	41.98	1983
9. John Grimmer	132' 9 1/4"	40.465	1972
	132'	40.24	1976

SOPHOMORE POLE VAULT

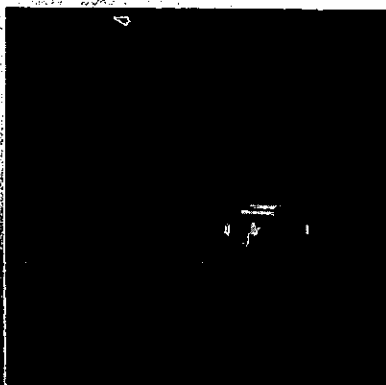
1. Brad Holt	11 ft. 9"	3.58	1982
2. Mike Zahler	11 ft. 6"	3.505	1973
3. Kim Mattson	11 ft.	3.35	1971
Jeff J. Smith	11 ft.	3.35	1982
4. Ross E. Anderson	10 ft. 6"	3.20	1973
Jeff E. Smith	10 ft. 6"	3.20	1982
5. Steve Greene	10 ft.	3.05	1977
Greg Zahler	10 ft.	3.05	1977
Russ Adamski	10 ft.	3.05	1979
6. Glen Thompson	9 ft. 6"	2.895	1978

SOPHOMORE DISCUS

1. Craig Otto	124' 11"	38.08	1982
2. Jon Smith	124' 3"	37.88	1980
3. John Zabee	119' 9"	36.50	1974
4. Randy Nielsen	119' 3"	36.34	1970
5. Ian Schroeder	114' 7"	34.92	1983
6. Cliff Anderson	114'	34.74	1975
John Barsody	114'	34.74	1981
7. Brian Goldman	113' 8"	34.64	1978
8. Brian Kopesky	110"	33.52	1976
9. Howard Hodge	104' 8"	31.90	1979
10. Bob Temple	104' 4"	31.80	1980

SOPHOMORE SHOT PUT

1. Cliff Anderson	47' 8"	14.53	1975
2. Brian Goldman	44' 11"	13.69	1978
3. John Barsody	42' 10 1/4"	13.06	1981
4. Craig Otto	41' 10"	12.75	1982
5. Jon Smith	40' 6"	12.345	1980
6. Kevin Iliff	40' 4"	12.29	1977
7. Bob Temple	38' 3 1/2"	11.67	1980
8. Ian Schroeder	36' 8"	11.175	1983
9. Bob Heldt	36' 6"	11.125	1974
10. Tim Stolte	36' 3"	11.05	1979



Former Coach

Bill Winter



C. Krupke R. Schreckenghaust P. Carr B. Daily

TRACK AWARDS

1. MVP

The most valuable performer will be selected by the team.

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 the 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.

LETTER REQUIREMENTS

- Earning 20 points in the following ways:
 - Setting a personal record (PR) earns 1 point. To get a PR you must have competed in an event more than once.
 - Points earned in varsity meets count. Scoring 6-4-3-2-1 or 5-3-1.
- Placing in the top 6 in any event in the region meet earns a letter.
- Setting 5 personal records in any one event during the season earns a letter.
- Seniors in their first year out who do not have any unexcused absences from practice or meets earn a letter.
- Coaches reserve the right to withhold letters from ATHLETES who display conduct and/or attitudes detrimental to the track team, regardless of the number of points earned during the season.

COACHING STAFF EXPECTATIONS AND REQUIREMENTS

- You will be striving to reach your MAXIMUM POTENTIAL in your events. To do this, the coaches feel you must be setting REALISTIC GOALS.
- Attendance at practice and meets is mandatory. On your THIRD UNEXCUSED ABSENCE you will be asked to turn in your equipment and thus be removed from the track team.
If you miss practice or a meet and have a legitimate reason, call Mr. Ring Jarvi at VandenBerge 441-1003 or at home 427-6022; or contact Mr. Sagan at the senior high or at home 441-3414.
- Minnesota State High School League rules for eligibility must be followed.

PAST MVP OR TRACKMAN OF THE YEAR

1968	Bob Hawkins
1969	Bob Hawkins
1970	Emery LaPointe
1971	Mike Lefebvre
1972	Blaise Kraljic
1973	Jeff Hawkins
1974	Jeff Hawkins
1975	Steve Brant
1976	Brad Grupa
1977	Dan Kolles
1978	Rick Steblay
1979	Rick Steblay
1980	Brian Goldenman
1981	Mike Donahue
1982	Bret Hoaglund
1983	Ray Schreckenghaust

PAST CAPTAINS

1978	Dan Kolles, Craig Hinrichs
1979	Tom Weinhold, Rick Steblay
1980	None
1981	Guy Trombley, Lance Hoaglund
	Mike Donahue
1982	None
1983	Ray Schreckenghaust, Pat Carr
1984	

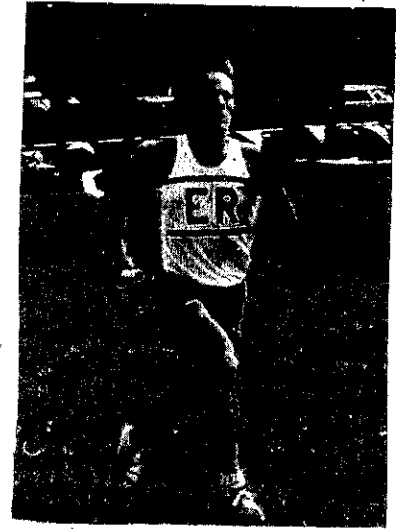
CHAMPIONS

GREATNESS COMES TO
THOSE THAT

DARE TO
SWEAT. .
DARE TO
STRAIN...



Paul Zabee



Pat Carr



Rick Steblay

AND DARE
THE PAIN.



Dan Kolles Jeff Piotrowski Jeff Stone Clint Leger Greg Weber



Steve Brant Daryl Boyd
Gregg Skuza Brian Klemz