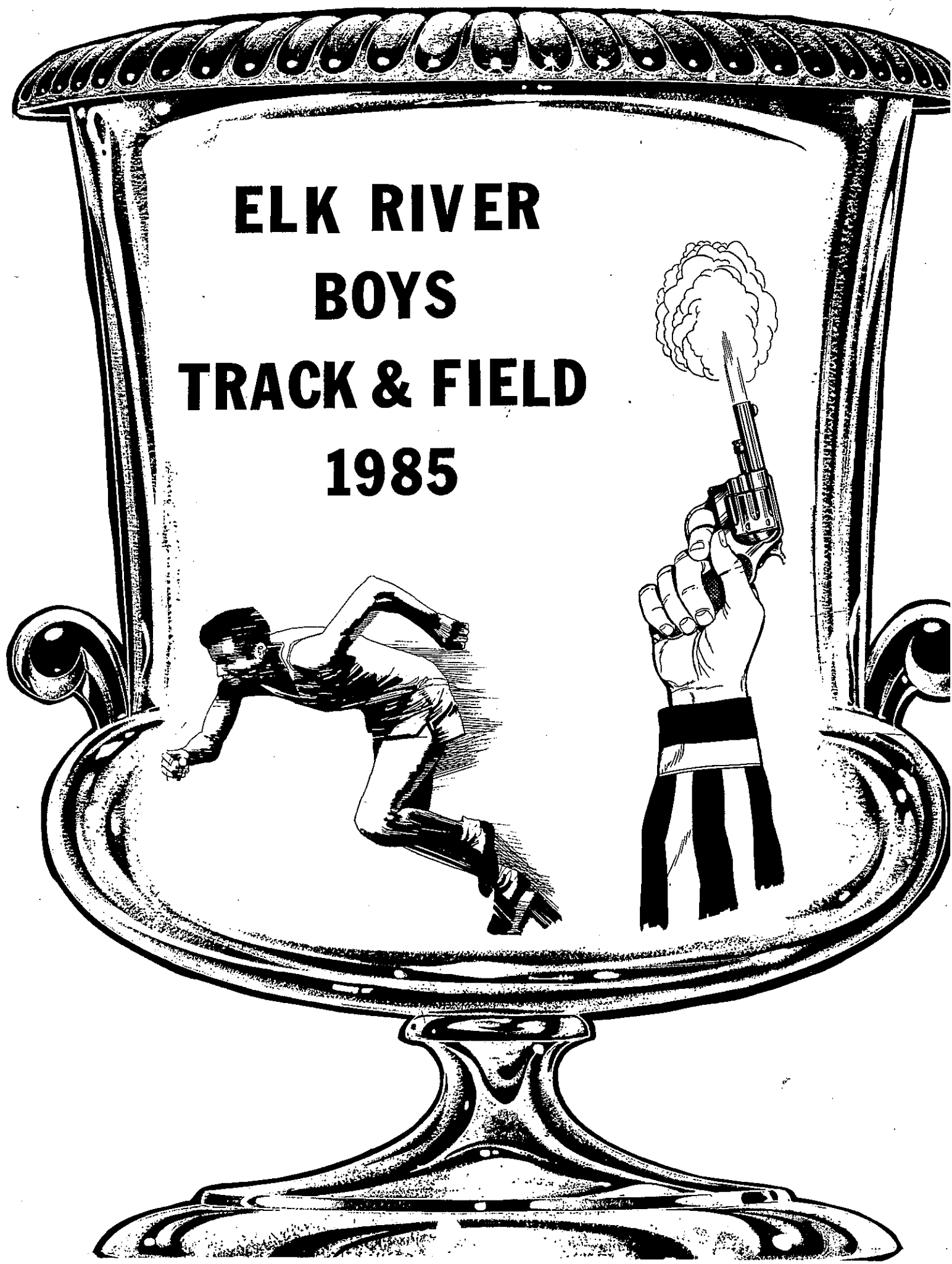


**ELK RIVER  
BOYS  
TRACK & FIELD  
1985**



# BOY'S TRACK HISTORY

According to records, Elk Rivers first track team was competing in 1939-40. There were a total of two 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.

Dudley Draxton coached the Elks from 1953-56. In his first year the Elks had four lettermen. In 1954 Kenny Olson placed first in the District 1 mile and second the Region 1 mile and thus qualifying for the state meet. The 1956 team was very powerful. They placed second in the District 16 meet and were the Region IV Champs. 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.

Clayton Kermeen was the new coach for the 1957 season and was replaced in 1958 by Jim Dingle and Walt Schumacher.

From 1959 through 1966 the Elks were coached by Bob Dahms. In his first year the Elks were second in the Rum River Conference finishing only  $\frac{1}{2}$  point out of first place. In 1961 there were 14 lettermen. Of these, five were ninth graders and one was an eighth grader.

The 1965 Track team advanced two entrants to the state meet. Walt Malmstrom qualified in the 880 Yard Run and placed third. 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 third. His time of one 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 Second in the Rum River Conference. The Elks also had two entrants at the state track meet. They were Frank Kopetka who placed fifth in the Long Jump with a leap of 21 ft.  $9\frac{1}{2}$  inches, and Mike LeFebvre who qualified in the 100 yard dash. Twenty-three 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 second 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 third in the low hurdles, and

Steve Smit who qualified in the High Hurdles and Long Jump but could not compete because of a hamstring pull. The 1973 team broke 12 school records.

The 1974 season was the best yet for the Elks. The results were: Rum River champions, Princeton Invitational champions, St. Paul Park Class S champions, Sub-Region Class A champions, Region IV Class A champions and State Class A runner-up. The Elks had three state entrants; Jeff Hawkins, Steve Smit and Dan Reemts. Jeff won the High Hurdles in a time of 14.6, Low Hurdles in 19.8 and made the finals of the 100 Yard Dash. Steve placed second in the High Hurdles in a time of 14.8 and second in the Long Jump with a leap of 21 ft.  $9\frac{3}{4}$  inches. Dan Reemts qualified in the Shot Put. The Elks broke six school records that year.

1975 was a year of surprises. The Elks turned in some of the best relay teams in the state. Gregg Skuza, Daryl Boyd, Brian Klemz and Steve Brant broke school records in the Two 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 fourth in the state meet. Steve Brant qualified for the finals of the 880. For the fourth year in a row, the Elks were the Rum River Conference champions and it was also the last year for the Elks in the Rum River Conference.

In 1976 the Elks found themselves in the Sky 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 seven seniors participated this year. Grant Hartrick had a great year in the High Hurdles. Brad Grupa was selected as MVP, posted a time of 20.2 in the High Hurdles, was the Conference Champion in the High 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 second in the Regions and third in the State Class A meet with a toss of 159 ft. 8 inches. Lastly, this was also the year that Bill Winter, after six 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, the 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 Johnson 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 girls. Finally, this was the year of the Soph. Eleven sophomore records were broken and one was tied. The experience from 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 Relay team of Dan Kolles, Steve Slavik, Craig Hinrichsen and Clint Leger broke the school record with a time of 45.9. The Elks competing in one of the top region meets in the state, qualified several people for the finals. They were all underclassmen. The outlook for 1978 was promising.

1978 was a great year! If you look at the competition and schedule, you might say it was one of the Elks alltime great seasons. Not only was the Central Lakes Conference tough, but meets like the Burnsville Relays, Coon Rapids Invitational, and Region IV Class 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 fourth place finish in Region IV AA, the Elks proved they could run with the best. Along the way seven 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 fifth in that event. Many of the Elks set PRs (Personal Records) during the year, and if you can measure success by how many people and PRs, the Elks had a very successful season. Many new goals and challenges greet the Elks in 1979.

Injuries and success both dominated the 1979 season. Injuries to five 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 second in the High Hurdles and first in the Intermediate Hurdles earning him and the Elks enough points for a fifth 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 second 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 found the Elks without 14 of the last year's tracksters, tradition and hard work again shall 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 seventh place finish in the state Long Jump. Steve Bye broke the sophomore one and two 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 have a strong nucleus for the 1981 season. With a little more depth, the Elks should 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, second in the Chieftan Invitational and fourth in the Region IV AA. The Elks also had five people in three events at the state track meet. They were Mike Donahue in the Long Jump, Keith Barnier in the Intermediate Hurdles, and the 440 Relay team of Mike Donahue, Ray

Schreckenghaust, Bret Hoaglund and Lance Hoaglund. The 1981 Elks broke four varsity records and tied one. They also broke two sophomore records. With the loss of six seniors, the Elks were 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 third in the Region IV AA which was the best ever for the Elks in AA competition. Three varsity and six sophomore records were broken. Keith Barnier, Bret Hoaglund, Pat Carr and Ray Schreckenghaust all qualified for the state meet. The Elks missed 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 three 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. Five of these Elks returned in 1984 plus many other lettermen. Could the 1984 team top the team of 1983? Why not? The best is yet to be!

1984 saw the Elks have their best start ever, winning their first five meets. Though they slowed down during the middle of the season, they finished the season with another Central Lakes Championship, a third in Region IV AA and four state qualifiers in five events. Craig Krupke scored the only points for the Elks in the state with a third in the High Hurdles and a sixth in the Intermediate Hurdles. The Elks also broke two varsity records, tied one and broke two sophomore records. The 1984 Elks graduated 20 seniors, so 1985 will be a rebuilding year. With the addition of a new all-weather track and the Elks joining the tough North Suburban Conference, 1985 will also be a very interesting one.

1956	Discus	Rollie Hanks		
1956	100 Yard Dash	Lloyd Gray		
	220 Yard Dash			
1956	1 Mile Run	Dave Stadden		
1956	880 Yard Relay	Lloyd Gray, Rollie Hanks		
		Gene Sellon, Paul Enger		
1964	880 Yard Run	Walt Malmstrom		
1965	1 Mile Relay	Carl Demars, Walt Malmstrom		
		Dick Lenz, John MacIntyre		
1965	880 Yard Run	Walt Malmstrom	1:54.0	3
1965	Pole Vault	John MacIntyre		
1971	Long Jump	Frank Kopetka	21 Ft. 9 1/2 In.	5
1971	100 Yard Dash	Mike Lefebvre		
1973	High Hurdles	Steve Smit		
	Long Jump			
1973	High Hurdles	Jeff Hawkins	15.3	1
	Low Hurdles		21.6	2
1974	Shot Put	Dan Reemts		
1974	High Hurdles	Steve Smit	14.8	2
	Low Hurdles			
	Long Jump		21 Ft. 9 3/4 In.	2
1974	High Hurdles	Jeff Hawkins	14.6	1
	100 Yard Dash			
	Low Hurdles		19.8	1
1975	880 Yard Run	Steve Brant		
1975	Sprint Med. Relay	Brian Klemz, Daryl Boyd	3:39.0	4
		Bruce Powers, Gregg Skuza		
1975	1 Mile Relay	Steve Brant, Daryl Boyd	3:30.0	4
		Gregg Skuza, Brian Klemz		
1976	Discus	Paul Zabee	159 Ft. 8 In.	3
1978	220 Yard Dash	Jeff Miller		
1978	High Hurdles	Rick Stebley	15.3	5
1979	High Hurdles	Rick Stebley	13.7	2
	Intermediate Hurdles		39.2	1
	200 Yard Dash		22.7	
1980	Long Jump	Mike Donahue	21 Ft. 1 1/2 In.	7
1981	Long Jump	Mike Donahue	21 Ft. 8 In.	7
1981	Inter. Hurdles	Keith Barnier	41.5	
1981	400 Relay	Mike Donahue, Ray Shreckenghaust	44.0	5
		Bret Hoaglund, Lance Hoaglund		
1982	Inter. 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 Shreckenghaust	22 Ft. 3 In.	6
1983	400 Meter Run	Pat Carr	50.1	5
	Sprint Med. Relay		3:43.3	
	1600 Meter Relay		3:22.9	1
1983	Long Jump	Ray Shreckenghaust		
	200 Meter Dash		23.4	7
1983	High Hurdles	Craig Krupke	15.7	
	Inter. Hurdles		39.9	8
1983	High Jump	Jeff J. Smith	6 Ft. 3 In.	
1983	400 Meter Run	Bryce Daily	50.1	7
	Sprint Med. Relay		3:43.3	
1983	Sprint Med. Relay	Mark Ollila		
1983	Sprint Med. Relay	Paul Lutz		
1983	Sprint Med. Relay	Eric Nystrom		
1984	High Hurdles	Craig Krupke	14.7	3rd
	Inter. Hurdles		39.8	6th
1984	High Jump	Jeff J. Smith	6 Ft. 2 In.	
	Pole Vault		12 Ft. 6 In.	
1984	Triple Jump	Craig Otto	42 Ft. 11 In.	

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## 7th GRADE TRACK RECORDS

60 yd. dash — T. Osborn	7.1	1982
100 yd. dash — T. Osborn	11.8	1982
220 yd. dash — Mike Erickson	26.7	1984
440 yd. dash — D. Israels	63.1	1982
880 yd. run — J. Paulsen	2:23.01	1983
3/4 mile run — S. Bartush	4:01.9	1975
70 yd. low — C. Johnson	10.3	1981
100 low hurdles — T. Olson	13.3	1973
120 low hurdles — L. Lynch	16.3	1975
Gruppa, Barsody, DeMars, Wrobel	52.2	1978
880 relay — Grupa, DeMars, Barsody, Wrobel	1:50.4	1978
Shot put — C. Jarmoluk	38'2"	1982
Discus — Barsody	102'9"	1978
Long Jump — T. Osborn	18'2"	1974
High Jump — M. Erickson	5'4"	1984
Pole vault — Terhaar	9'0"	1978
Mile — J. Paulsen	5:24	1983

## 8th GRADE TRACK RECORDS

60 Dash — T. Osborn	7:04	1978
100 Dash — P. Carr	11.2	1979
220 Dash — B. Voels	25.5	1973
440 Dash — B. Olson	57.5	1981
880 Run — Jay Paulsen	21.6.8	1984
70 Lows — C. Krupke	9.81	1980
100 Lows — R. Steblay	13.3	1975
J. Hawkins		1970
120 Lows — R. Steblay	15.5	1975
440 Relay — Barsody, Wrobel, Anderson, Grupa		
5 0 .6 5 1 9 7 9		
880 Relay — Barsody, Barnier, Stolte, Knutson		
1 4 5 8 3 9 7 8		
Mile — Jay Paulsen	5:08	1984
Shot Put — R. Johnson	45'10"	1982
Discus — J. Barsody	129'4"	1979
Long Jump — C. Johnson	18'3"	1982
High Jump — D. Diavik	5'6"	1982
Pole Vault — R. Anderson	9'9"	1971

## 9th GRADE TRACK RECORDS

100 Dash — Leger	10.8	1975
R. Dube		1978
220 Dash — J. Hawkins	24.6	1971
440 Dash — R. Schreckenghaust	56.0	1980
880 Run — S. Maricle	2:10.9	1979
Mile run — R. Anderson	4:56.9	1969
70 Int. — M. Anderson	10.0	1980
100 lows — K. Barnier	12.5	1979
180 lows — K. Barnier	22.74	1979
880 Relay — D. Kolles, C. Hinrichs, M. Tokar, T. Knutson		
1 4 1 1 9 7 5		
Mile relay — Terhaar, Dehn, Schreck, Byrnes	3:52.0	1980
Shot put 12 lb. — Ron Johnson	44'5"	1984
Shot put 8 lb. — B. Anderson	52'2 1/2"	1970
Discus Jr. High — R. Nielson	154'5"	1969
Discus Sr. High — J. Barsody	116'6 1/2"	1980
Long Jump — R. Schreckenghaust	18'9"	1980
High Jump — B. Anderson	5'11"	1970
Pole vault — M. Zahler	11'	1972

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ELK RIVER BOYS SOPHOMORE TRACK RECORDS

EVENT	NAME	TIME OR DISTANCE	METRIC	YEAR
100 DASH	Duane Lakluduk	10.6	11.4	1972
200 DASH	Bret Hoaglund	22.8	22.7	1980
400 DASH	Bryce Daily	52.7	52.4	1982
800 RUN	Tom Weinhold	2:05.0	2:04.3	1977
1 MILE RUN	Mike Jeanette	4:44.0	4:42.9	1984
1 MILE RELAY	Jeff Piotrowski, Greg Weber Tom Weinhold, Steve Slavik	3:34.0	3:32.9	1977
2 MILE RUN	Steve Bye	10:19.9	10:17.7	1980
2 MILE RELAY	Russ Gesch	8:44.3	8:42.1	1977
800 RELAY	Clint Leger, Jeff Piotrowski Jeff Stone, Steve Slavik	1:37.4	1:36.7	1977
400 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	3:48.0	1977
HIGH HURDLES	Jeff Hawkins	15.0	15.0	1972
	Rick Stebley	15.0	15.0	1977
INTERMEDIATE HURDLES	Keith Barnier	41.2	41.2	1980
	Craig Krupke	41.2	41.2	1982
HIGH JUMP	Jeff J. Smith	6 Ft. 1 In.	1.855M	1982
LONG JUMP	Ray Shreckenghaust	20 Ft. 8 1/2 In.	6.31M	1981
TRIPLE JUMP	Mike Donahue	41 Ft. 1 In.	12.52M	1979
POLE VAULT	Brad Holt	11 Ft. 9 In.	3.58M	1982
SHOT PUT	Cliff Anderson	47 Ft. 8 In.	14.53M	1975
DISCUS	Greg Paffel	134 Ft. 1 In.	40.86M	1984
4 MILE RELAY	James Wallace, Tom Earl Eric Nystrom, Kevin Juntunen	20:57.4	20:53.0	1982
Distanc Med.	Tom Earl, Kevin Juntunen James Wallace, Eric Nystrom	11:48.3	11:45.5	1982

ELK RIVER GIRLS SOPHOMORE TRACK RECORDS

EVENT	NAME	TIME OR DISTANCE	YEAR
100 LOW HURDLERS	Cyan Schrader	16.1	1981
100 DASH	Wendy Watzke	12.7	1976
200 DASH	Colleen Barrett	27.0	1974
400 DASH	Marge Donahue	62.6	1973
800 RUN	Nancy Cowles	2:39.7	1984
1600 RUN	Angie Beck	5:55.9	1979
3200 RUN	Cheryl Guzek	13:30	1979
200 HURDLES	Melissa Moonen	32.9	1983
SHOTPUT	Tami Pipenhagen	32'11"	1979
DISCUS	Tami Pipenhagen	98'10"	1979
HIGH JUMP	Anne Loftus	5'1"	1984
LONG JUMP	Jennine Lefebvre	16'4"	1982
800 RELAY	Kelly Anderson Liz Caron Kelly Anderson Tanya Carr	1:57.4	1982
400 RELAY	Jennine Lefebvre Tanya Carr Kelly Anderson Jackie Foster	54.5	1982
1600 RELAY		4:20.9	1982
3200 RELAY			

ELK RIVER BOYS VARSITY TRACK RECORDS

EVENT	NAME	TIME OR DISTANCE	METRIC	YEAR
100 DASH	MIKE LEFEBVRE	10.1	10.9	1971
	JEFF HAWKINS	10.1	10.9	1974
200 DASH	BRET HOAGLUND	22.3	22.2	1982
400 DASH	PAT CARR	49.9	49.6	1983
800 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	3:23.8	3:22.7	1983
	BRYCE DAILY			
	RAY SHRECKENGHAUST			
	PAT CARR			
2 MILE RUN	WARREN HINKLE	9:50.6	9:48.4	1974
800 RELAY	GLEN ANDERSON	1:32.1	1:31.4	1982
	PAT CARR			
	MIKE DONAHUE			
	LANCE HOAGLUND			
2 MILE RELAY	BRIAN KLEMZ	8:12.0	8:09.8	1975
	DARYL BOYD			
	GREGG SKUZA			
	STEVE BRANT			
400 RELAY	RAY SHRECKENGHAUST	43.8	43.6	1981
	BRET HOAGLUND			
	MIKE DONAHUE			
	LANCE HOAGLUND			
SPRINT MEDLEY RELAY	BRUCE POWERS	3:35.1	3:34.0	1975
	BRIAN KLEMZ			
	DARYL BOYD			
	GREGG SKUZA			
HIGH HURDLES	JEFF HAWKINS	14.4	14.4	1973
	RICK STEBLEY	14.4	14.4	1979
	CRAIG KRUPKE	14.4	14.4	1984
	RICK STEBLEY	38.2	38.2	1979
HIGH JUMP	JEFF J. SMITH	6 Ft. 7 In.	2.005M	1984
LONG JUMP	MIKE DONAHUE	22 Ft. 9 In.	6.935M	1981
TRIPLE JUMP	CRAIG OTTO	44 Ft. 6½ In.	13.57M	1984
POLE VAULT	BOB LASHINSKI	13 Ft. 0 In.	3.96M	1978
	JEFF ZERWAS	13 Ft. 0 In.	3.96M	1980
SHOT PUT	WAYNE BECKLIN	53 Ft. 2 ¾ In.	16.225M	1972
DISCUS	PAUL ZABEE	159 Ft. 8 In.	48.66M	1976
4 MILE RELAY	DARYL BOYD	19:29.6	19:24.6	1974
	MIKE ANDERSON			
	STEVE BRANT			
	WARREN HINKLE			
DISTANCE MED.	JEFF HUDSON	11:19.1 (4000 M)	11:19.2	1981
	PAT CARR			
	ROGER DEHN			
	STEVE BYE			

# 1983 TRACK CHAMPIONS

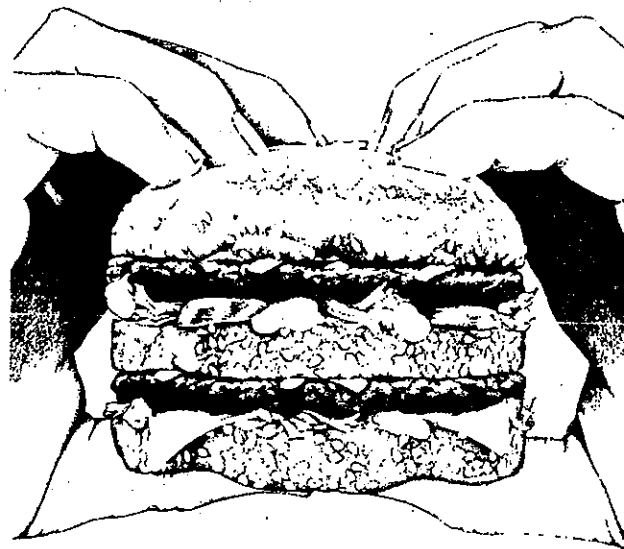


Row 1, Coach Jarvi, Asst. Coach Sagan, D Zahler, p Reighard, L Olmstad, B. Nierenhausen, p Lutz, J Smith, J Wallace, G Winkels, R Beckman, B Holt, Row 2, J Jensen, T Vermeer, B Vasseur, I Schroeder, T Earl, E Nystrom, C Otto, B Daily, C Krupke, J Smith, Row 3, M Anderson, S Vandenberg, R Schreckenghaust,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

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## BOYS 1985 SCHEDULE

March 16	Saturday	Quadrangular at Blaine	
March 23	Saturday	Outstate Meet at U of Minnesota	8:30 AM
March 30	Saturday	Conference Indoors at Bethel College	8:00 AM
April 9	Tuesday	St. Paul Park Invitational	3:00 PM
April 13	Saturday	Conference Relays at Elk River	11:00 AM
April 20	Saturday	Stillwater Pony Classic Relays	10:00 AM
April 23	Tuesday	Blaine and Elk River at Elk River	3:45 PM
April 30	Tuesday	Triangular Elk River, Blaine at MView	3:30 PM
May 2	Thursday	Coon Rapids and Elk River at Elk River	4:00 PM
May 6	Monday	Centennial Relays	4:00 PM
May 9	Thursday	Coon Rapids Invitational	4:00 PM
May 11	Saturday	Burnsville Relays	All Day
May 16	Thursday	Elk River Invitational	4:00 PM
May 21	Tuesday	Conference Pre-lims at Elk River	4:00 PM
May 23	Thursday	NORHT SUBURBAN CONFERENCE AT ELK RIVER	
May 30	Thursday	Region Pre-lims at Stillwater	1:00 PM
June 1	Saturday	REGION IV AA FINALS AT STILLWATER	12:30 P
June 7-8	Friday-Saturday	State Pre-lims and Finals at Osseo	All-Day

# 1974 TRACK CHAMPIONS



Row 1, Coach B Winter, G Barrett, B Powers, S Chouinard, B Grupa, B Eldem, D Chouinard, J Demars, G Hartman, P Zabee, P Zahler, Coach Sagan Row 2. H Markoe, S Brant, D Lemmon, S Skuza, D Boyd, C Lefebvre, R Anderson, M Zahler, Row 3. S Smith, J Hawkins, B Kraljic, M Anderson, D Reemts, M Zachman

## ELK RIVER



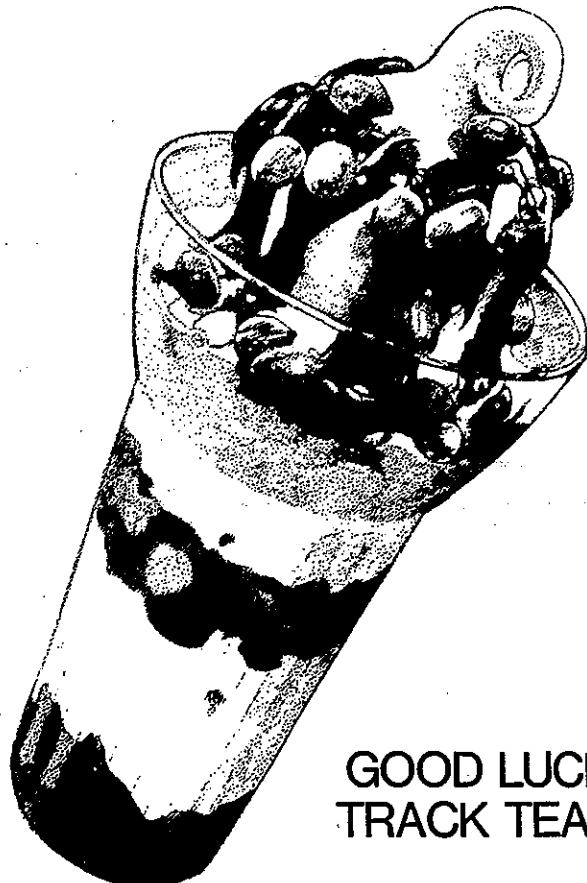
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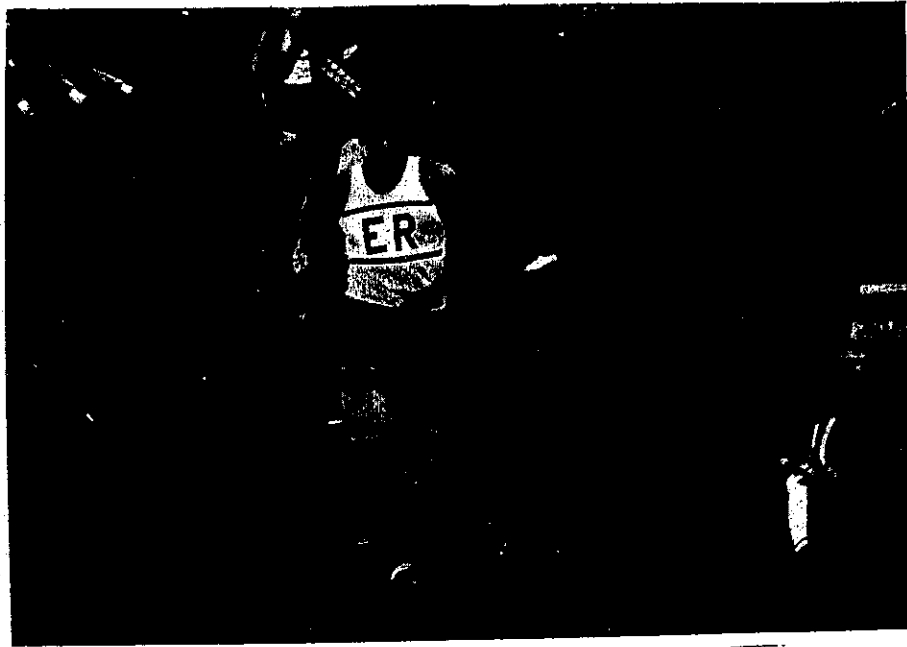
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J. Hawkins



Wayne Becklin



Steve Smit



Warren Hinkle

1984 BOYS CENTRAL LAKES CONFERENCE TRACK CHAMPIONSHIP

100 METER DASH

1. Loya	BRND	11.2
2. Baer	WM	11.2
3. Erickson	BRND	11.2
4. Gillingham	LF	11.2
5. Stransky	LF	11.2
6. DeShaw	BRND	11.2

400 METER RELAY

1. Willmar	44.5
2. L. Falls	45.1
3. Brainerd	45.4
4. Elk River	46.0
5. Tech	46.2
6. Apollo	46.3

HIGH HURDLES

1. Krupke	ER	14.6
2. Schroeder	TECH	15.3
3. McCullough	BRND	15.4
4. Negen	WM	15.7
5. Kashmark	WM	15.8
6. McMullen	TECH	16.0

200 METER DASH

1. Baer	W	23.0
2. Francois	W	23.0
3. Stransky	LF	23.0
4. Loya	B	23.1
5. Daliduka	ER	23.2
6. DeShaw	B	23.7

1600 METER RELAY

1. Little F	3:26.2
2. Willmar	3:28
3. Elk River	3:28.2
4. Tech	3:38
5. Apollo	3:38.9
6. Alex	3:40.6

300 INTERMEDIATE HURDLES

1. Krupke	ER	40.0
2. Kashmark	W	41.9
3. Schroeder	T	42.6
4. McCullough	BRND	43.3
5. Schneiderhan	ALEX	43.9
6. Goenner	T	44.1

400 METER DASH

1. LeBrasseur	ALEX	50.8
2. Grams	LF	51.0
3. Daily	ER	51.7
4. Sims	W	52.7
5. Schoolmees	ER	53.3
6. Hierenhaus	ER	54.4

HIGH JUMP

1. Gillingham	LF	6'6"
2. Smith JJ	ER	6'5"
3. Kvaal	W	6'2"
4. Erickson	B	6'0"
5. Zack	W	6'0"
6. Tenneyss	T	6'0"

1600 METER SPRINT MEDLEY

1. Elk River	3:44.1
2. Willmar	3:45.4
3. Alexandria	3:49.5
4. Apollo	3:50.2
5. Brainerd	3:49.6
6. Tech	3:51

800 METER RUN

1. Bengston	Tech	2:03.9
2. Hystrom	ER	2:03.9
3. Stageberg	W	2:04
4. Morton	B	2:04.1
5. Torgelson	W	2:04.1
6. Hansmann	LF	2:06.5

POLE VAULT

1. Rydland	T	13'3"
2. McMullen	T	12'6"
3. Rydland M	T	12'6"
4. Smith JK	ER	12'6"
5. Zack	LF	12'6"
6. Smith JJ	ER	12'6"

SHOTPUT

1. Pearson	LF	53' 5"
2. Otto	ER	51' 7 $\frac{1}{2}$ "
3. Johnson	ALEX	50' 1 $\frac{1}{2}$ "
4. Evans	AP	49' 6 $\frac{1}{2}$ "
5. Carlson	T	48' 7"
6. Heinrich	LF	48' 6 $\frac{1}{2}$ "

1600 METER RUN

1. Wagner	AP	4:30.8
2. Huschke	ALEX	4:34.9
3. Wallace	ER	4:40.9
4. Keller	TECH	4:42.6
5. Stones	W	4:43.3
6. Jeannette	ER	4:43.7

LONG JUMP

1. Olmsted	ER	20'9 $\frac{1}{2}$ "
2. Sather	ALEX	20'7 $\frac{1}{2}$ "
3. Sims	W	20'4"
4. DeShaw	B	20'3 $\frac{1}{2}$ "
5. Loya	B	19'11 $\frac{1}{2}$ "
6. Erkens	AP	19'8"

DISCUS

1. Pearson	LF	147'3"
2. Carlson	T	143'4"
3. Evans	AP	143'
4. McMullen	AP	137'6"
5. Otto	ER	136'5"
6. Johnson	A	136'4"

3200 METER RUN

1. Wagner	AP	9:47.3
2. Langer	T	9:49.9
3. Pull	AP	9:52.4
4. Rutten	ALEX	10:03.6
5. Brusseau	B	10:19.4
6. Spoden	T	10:22.6

TRIPLE JUMP

1. Otto	ER	42'3 $\frac{1}{2}$ "
2. Neeser	W	40'6"
3. Erkens	AP	40'1"
4. Olmsted	ER	40'
5. Erickson	B	39'7"
6. Haire	AP	38'9"

TEAM SCORES

1. Elk River	113
2. Willmar	102
3. Tech	81
4. Little Falls	72
5. Brainerd	60
6. Apollo	53
7. Alexandria	46

# 1984 REGION IV RESULTS

## 100 METER DASH

1. Reese, Tim- Coon Rapids	10.9*
2. Broemer, Mike-Irondale	11.0
3. Helnen, Rick-Spring Lake Park	11.3
4. Oden, Aaron-Stillwater	11.4
5. Smith, Jeff- White Bear Lake	11.5
6. Colberg, Troy-Forest Lake	1.6
7. Drompp, Tom-Stillwater	11.7
8. Hamilton, Paul- Coon Rapids	11.7

\* tied region/broke track record

## 400 METER RELAY

1. Anoka	43.9
2. Coon Rapids	44.2
3. White Bear Lake	44.3
4. Blaine	45.0
5. Forest Lake	45.2
6. Mounds View	45.2

## 1600 METER SPRINT MEDLEY RELAY

1. Blaine	3:32.9
2. Forest Lake	3:40.5
3. Mounds View	3:42.1
4. Spring Lake Park	3:42.7
5. Anoka	3:43.7
6. White Bear Lake	3:45.5

## 400 METER DASH

1. Von Der Lippe, Greg- Brainerd	50.5
2. Regnier, Joe- White Bear Lake	50.7
3. Johnson, Pat-Stillwater	51.1
4. Strenio, Steve- Centennial	51.9
5. Mares, Jim- White Bear Lake	52.2
6. Brosowski, Scott- Brainerd	52.3

## 1600 METER RUN

1. Peltrolesa, Mark - Mounds View	4:23.0
2. Hasselman, Rick - Tartan	4:27.5
3. Brown, Mike- Stillwater	4:28.4
4. Shope, Jim- Blaine	4:31.1
5. Filstrup, Scott- Stillwater	4:35.0
6. Ritzer, Tim- Stillwater	4:35.6

## TRIPLE JUMP

1. Stewart, Mark- Mounds View	45'3 1/4"*
2. Otto, Craig- Elk River	44'6 3/4"
3. Olmsted, Lee-Elk River	43'8"
4. Thom, Paul- Blaine	43'6"
5. Cich, Bob- Spring Lake Park	42'2 1/2"
6. McPhall, John- Forest Lake	41'10 1/4"

\* new region & track record

## DISCUS

1. Nyhus, Jeff- Blaine	154'10"
2. Hart, Part- Blaine	154'1"
3. Espe, Dave- White Bear Lake	145'10"
4. Pietrini, Jeff- Irondale	145'
5. Daninger, Dean- Forest Lake	143'7"
6. Erickson, Todd- White Bear Lake	139'7"

## 300 METER INTERMEDIATE HURDLES

1. Krupke, Craig- Elk River	39.0
2. Carlson, Trevor- Forest Lake	40.1
3. Kalsner, Dallas- Coon Rapids	40.1
4. Welnke, Dave- Irondale	40.7
5. Allen, Scott- Stillwater	40.8
6. Knaup, Jeff- Irondale	40.9
7. Rector, Kevin- Forest Lake	41.0
8. Rice, Rick- Irondale	40.2

## 800 METER DASH

1. Oie, Dale- Coon Rapids	1:55.4
2. Rand, Dave- Blaine	1:56.7
3. Frank, Jon- Irondale	2:00.7
4. Waatatja, David- Anoka	2:00.9
5. Forster, Rich- Forest Lake	2:01.0
6. Filstrup, Scott- Stillwater	2:04.7

## 110 METER HIGH HURDLES

1. Dillon, Scott- Anoka	14.2*
2. Krupke, Craig- Elk River	14.7
3. Pierce, Bryan- Anoka	14.7
4. Grell, Scott- Blaine	14.9
5. Welnke, Dave- Irondale	15.2
6. Rector, Kevin- Forest Lake	15.4
7. Ochsendorf, Scott- Anoka	15.7
8. Halvorson, Brent- Mounds View	20.6

\* new region & track record

## HIGH JUMP

1. Smith, Jeff- Elk River	6'7"
2. Thom, Paul- Blaine	6'5 1/2"
3. Deranek, Mike- Hill-Murray	6'4"
4. Berndt, Blaine	6'4"
Youngblood, Scott- White Bear Lake	6'4"
5. Krick, Chad- Centennial	6'4"

## LONG JUMP

1. Trombley, Brian- Anoka	22'7.1
2. Thom, Paul- Blaine	21'5.3
3. Fitzpatrick, Larry- White Bear Lake	21'4"
4. Olmsted, Lee- Elk River	20'5 1/2"
5. Hebb, Stacy- Forest Lake	20'1 1/2"
6. Tentis, Mark- White Bear Lake	20' 1/2"

## SHOT PUT

1. Jones, Dan- White Bear Lake	53'9"
2. Erickson, Todd- White Bear Lake	53'3 1/4"
3. Rounds, Mike- Blaine	52'10 1/2"
4. Schaver, Brian- Stillwater	52'8"
5. Daninger, Dean- Forest Lake	52'3 1/2"
6. Ryan, Dennis- Hill-Murray	51'11 1/2"

## 3200 METER RUN

1. Taylor, Jeff- Mounds View	9:22.9
2. Anderson, Glen- Mounds View	9:45.2
3. Funk, Joe- Blaine	9:55.1
4. Ritzer, Tim- Stillwater	10:02
5. Roulsrud, Erik- Stillwater	10:05
6. Dahl, Mike- Coon Rapids	10:08

## POLE VAULT

1. Amrhien, John- Forest Lake	13'2"
2. Smith, Jeff J.- Elk River	12'6"
3. Bishop, Gordy- Forest Lake	12'6"
4. Parson, Tim- Centennial	12'0"
5. Smith, Jeff E.- Elk River	12'0"
6. Osvold, Scott- Blaine	12'0"

## 200 METER DASH

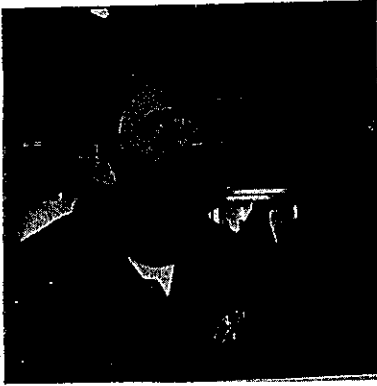
1. Reese, Tim- Coon Rapids	22.5
2. Oden, Aaron- Stillwater	22.6
3. Broemer, Mike- Irondale	2.6
4. Smith, Jeff- White Bear Lake	22.8
5. Magnuson, Drew- Stillwater	22.9
6. Fitzpatrick, Larry- White Bear Lake	23.1
7. Olsen, Dennis- Coon Rapids	23.2
8. Hamilton, Paul- Coon Rapids	23.7

## 1600 METER RELAY

1. Blaine	3:26.0
2. White Bear Lake	3:27.1
3. Elk River	3:28.3
4. Mounds View	3:29.0
5. Stillwater	3:29.6
6. Columbia Heights	3:32.1
7. Coon Rapids	3:37.7
8. Irondale	3:37.9

## FINAL TEAM STANDINGS

1. Blaine	105
2. White Bear Lake	67
3. Elk River	62
4. Mounds View	49
5. Forest Lake	45
6. Coon Rapids	45
7. Stillwater	44
8. Anoka	42
9. Irondale	31
10. Spring Lake Park	12
11. Centennial	9
12. Tartan	8
13. Hill-Murray	7
14. Columbia Heights	1
15. North St. Paul	0



Former Coach  
Bill Winter



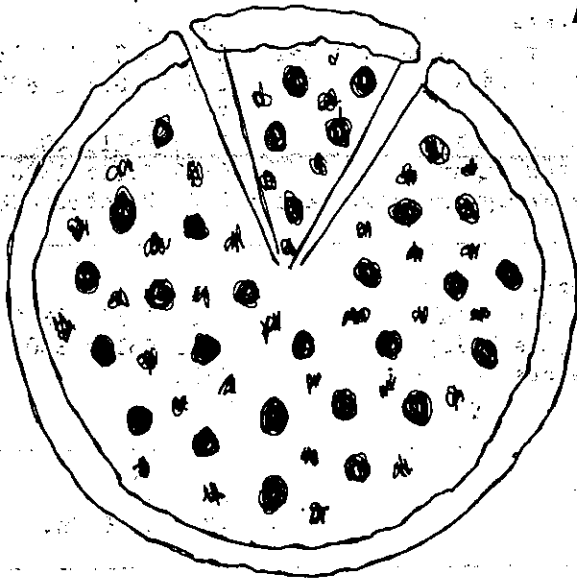
C. Krupke R. Schreckenghaust P. Carr B. Daily

**MEET HIGHLIGHTS**

- |  |  |
|--|--|
| <p>1956 REGION IV CHAMPIONS<br/>DISTRICT 16 RUNNER-UP</p> <p>1971 ST. FRANCIS INVITATIONAL CHAMPIONS<br/>CENTENNIAL RELAYS CHAMPIONS</p> <p>1972 RUM RIVER CONFERENCE CHAMPIONS<br/>ST. FRANCIS INVITATIONAL CHAMPIONS<br/>ROSEMOUNT INVITATIONAL CHAMPIONS<br/>PRINCETON INVITATIONAL CHAMPIONS<br/>DISTRICT 16 RUNNER-UP</p> <p>1973 RUM RIVER CONFERENCE CHAMPIONS<br/>PRINCETON INVITATIONAL CHAMPIONS<br/>CENTENNIAL RELAYS CHAMPIONS<br/>ROSEMOUNT INVITATIONAL CHAMPIONS<br/>SPRINGLAKE PARK INVITATIONAL CHAMPIONS<br/>SUB REGION CHAMPIONS<br/>REGION IV A RUNNER-UP</p> <p>1974 RUM RIVER CHAMPIONS<br/>PRINCETON INVITATIONAL CHAMPIONS<br/>ST. PAUL PARK RELAYS CLASS S CHAMPIONS<br/>SUB REGION CHAMPIONS<br/>REGION IV A CHAMPIONS<br/>STATE CLASS A CHAMPIONS</p> | <p>1975 RUM RIVER CONFERENCE CHAMPIONS</p> <p>1977 CENTENNIAL RELAYS CHAMPIONS</p> <p>1978 CENTRAL LAKES CONFERENCE CHAMPIONS<br/>CENTENNIAL INVITATIONAL CHAMPIONS<br/>BUFFALO INVITATIONAL CHAMPIONS</p> <p>1979 CENTENNIAL INVITATIONAL CHAMPIONS<br/>ST. FRANCIS INVITATIONAL CHAMPIONS<br/>STATE CLASS AA 5TH PLACE</p> <p>1981 CENTRAL LAKES CONFERENCE RUNNER-UP</p> <p>1982 CENTRAL LAKES CONFERENCE CHAMPIONS<br/>CENTENNIAL INVITATIONAL CHAMPIONS<br/>3RD. PLACE REGION IV AA</p> <p>1983 CENTRAL LAKES CONFERENCE CHAMPIONS<br/>REGION IV AA CHAMPIONS</p> <p>1984 U of M OUTSTATE INDOOR CHAMPIONS<br/>EDEN PRAIRIE INDOOR INVITATIONAL<br/>CHAMPIONS<br/>CENTRAL LAKES CONFERENCE INDOOR<br/>CHAMPIONS<br/>ST. PAUL PARK INVITATIONAL CHAMPION<br/>CENTRAL LAKES CONFERENCE CHAMPIONS<br/>3RD PLACE REGION IV AA</p> |
|--|--|



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"Pain is to be used. At times, it warns me I am doing something wrong. At other times, it signals I am doing right. If I am driving for the finish of a race and there is no pain, I know I have not yet pushed my body to its absolute limit. On the other hand, there is pain that commands to go this fast and no faster."

George Sheehan

"The terrible tendency is to cheat on myself. Cheating in a race is making the effort tolerable. I am not here to make the race tolerable, or life either, for that matter."

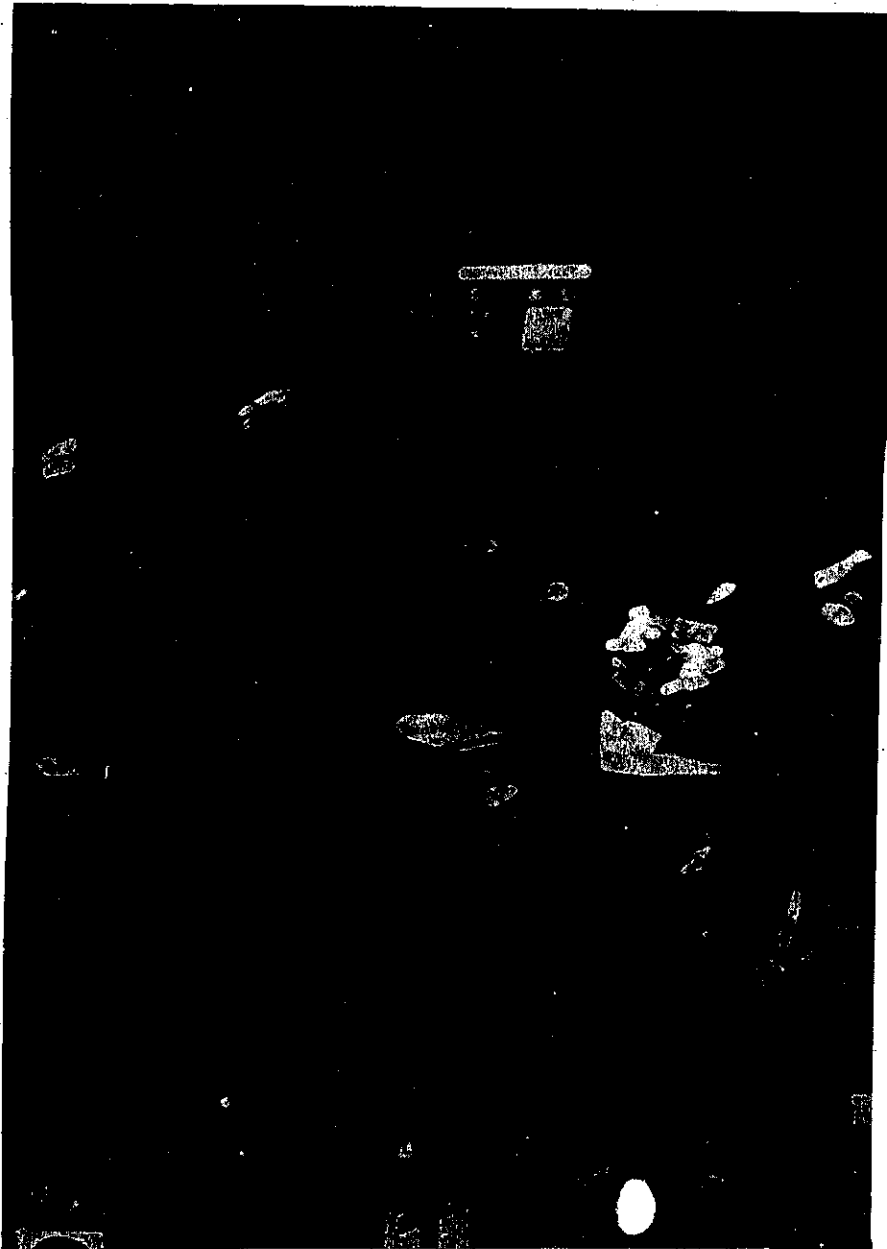
George Sheehan

## 1984 LETTERMEN

NAME	GRADE	EVENTS PARTICIPATED IN MORE THAN ONCE 81-83	BEST PERFORMANCE
JIM WALLACE	12	1600 Meters 3200 Meters 4000 Meter Distance Med. Relay 3200 Meter Relay 800 Meters 1600 Meter Relay 6400 Meter Relay 1600 Meter Sprint Med. Relay	4:40.9 10:32.0 2:27 & 3:33 Splits 800 & 2:02.9 Split 800 1200 2:03.5 56.4 Split 400 4:55 Split 1600 2:07.7 Split 800
PAUL REIGHARD	12	3200 Meters 6400 Meters Relay 3200 Meters Relay 1600 Meters	10:30 5:01 Split 1600 2:13 Split 800 4:59
IAN SCHROEDER	12	Shotput Discus	39 Ft. 125 Ft. 6 In.
MIKE DELIDUKA	12	1600 Meter Sprint Med. Relay 200 Meters 400 Meter Relay 800 Meter Relay	22.8 Split 200 23.2 23.2 Split 200
BRIAN VASSEUR	12	110 Meter High Hurdles 300 Meter Inter. Hurdles	18.9 43.9
KEVIN SCHOOLMEESTERS	12	400 Meters 1600 Meter Sprint Med. Relay 1600 Meter Relay Long Jump	53.1 54.1 Split 400 53.6 Split 400 18 Ft ½ In.
TIM DAVIS	12	3200 Meters 1600 Meters 3200 Meter Relay	11:03.7 4:58 2:19.7 Split 800
GREG PAFFEL	11	Shot Put Discus	47 Ft 1 In. 134 Ft 1 In.
MIKE JEANETTE	11	1600 Meters 3200 Meters 3200 Meters	4:42.9 2:14 Split 800 10:28.8
MARK LUTZ	11	110 Meter High Hurdles 300 Meter Inter. Hurdles Long Jump 1600 Meter Relay	19.1 47.0 16 Ft ½ In. 59.5 Split 400
JAY JOHNSON	11	1600 Meters	4:57



JEFF J SMITH



1983  
REGION IV AA  
CHAMPS

"If you want to win a race, you have to go a little berzerk. If you want to win anything, a race, yourself, your life, you have to go a little berzerk. If you want to make a leap in consciousness, or personal growth, or self-esteem, you have to go a little berzerk."

Bill Rodgers & George Sheehan

"Live in the uncomfortable zone and the when you die you will have no regrets. For one thing you will have lived, tried everything, discovered your limits."

George Sheehan  
This Running Life.

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
Craig Krupke	190	1984
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	146	1975
Bryce Daily	146	1983
Lance Hoaglund	143	1981
Pat Carr	139	1982
Bryce Daily	138	1984
Ray Schreckenghaust	135	1981
Craig Otto	135	1984
Rick Steblay	134	1978
Bret Hoaglund	132½	1981
Dan Kolles	125	1978
Steve Smit	124	1974
Eric Nystrom	124	1984
Brad Grupa	119	1976
Glen Anderson	118½	1982
Paul Lutz	117	1984
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
Lee Olmsted	101	1984
Wayne Becklin	100	1972

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

## Varsity 100 Meter Dash

1. Mike 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
Scott Ferrian	11.3	1984

## 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

## 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. Mike Jeanette	10:28.8	1984

## 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. Greg Weber	11.8	1977
Bret Hoaglund	11.8	1980
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

## 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	4:38.0	1979
5. Gregg Skuza	4:38.9	1975
6. Steve Bye	4:39.4	1981
7. Jim Wallace	4:40.9	1984
8. Walt Malmstrom	4:41.1	1985
9. Mike Anderson	4:42.1	1974
10. Mike Jeanette	4:42.9	1984

## Sophomore Two Mile Run

1. Steve Bye	10:17.7	1980
2. Warren Hinkle	10:28.3	1972
3. Mike Jeanette	10:28.8	1984
4. Jim Wallace	10:32.0	1982
5. Roger Dehn	10:38.0	1981
6. Paul Reighard	10:38.7	1983
7. Mike Luconic	10:45.7	1975
8. Eric Nystrom	10:57.5	1982
9. Jamie Jackman	10:57.6	1976
10. Steve Brant	11:00.4	1973

## Sophomore One Mile Run

1. Mike Jeanette	4:42.9	1984
2. Jim Wallace	4:43.0	1983
3. Steve Bye	4:45.2	1980
4. Roger Dehn	4:45.4	1981
5. Eric Nystrom	4:45.8	1982
6. Dan Lemmon	4:49.3	1977
7. Ross A. Anderson	4:50.6	1970
8. Steve Brant	4:51.7	1973
9. Steve Chouinard	4:55.5	1974
10. Jay Johnson	4:57.0	1984

## 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	2:00.0	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. Ron Pouliot	2:03.2	1973
10. Jim Wallace	2:03.5	1984

## Varsity Intermediate Hurdles

1. Rick Steblay	38.2	1979
2. Craig Krupke	39.0	1984
3. Keith Barnier	39.1	1982
4. Mark Anderson	40.5	1983
5. Jeff Hawkins	40.7	1974
6. Mike Morgan	41.3	1979
7. Tim Knutsen	41.5	1981
8. Shaun Friedrich	41.9	1979
9. Brian Vasseur	43.9	1984
10. John Schultz	44.1	1980

## 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	2:08.9	1973
6. Marion Weber	2:07.2	1976
7. Jim Wallace	2:08.5	1983
8. Roger Dehn	2:11.0	1981
9. Shaun Friedrich	2:13.5	1977
10. Kevin Juntunen	2:14.1	1981
Gordan Moldenhauer	2:14.1	1970

## Varsity 400 Meter Dash

1. Pat Carr	49.6	1983
2. Bryce Dally	49.9	1983
3. Jeff Miller	50.5	1978
4. Gregg Skuza	51.2	1975
Paul Lutz	51.2	1984
5. Walt Malmstrom	51.6	1966
Ray Schreckenghaust	51.6	1983
6. Greg Weber	51.7	1979
7. Jeff Stone	51.9	1978
8. Tom Weinhold	52.0	1978

## Varsity 110 Meter Hurdles

1. Jeff Hawkins	14.4	1973
Rick Steblay	14.4	1979
Craig Krupke	14.4	1984
2. Steve Smit	14.8	1974
3. Grant Hartman	15.1	1976
Mark Anderson	15.1	1983
4. Shaun Friedrich	15.2	1979
5. Tim Knutsen	15.7	1982
6. Dave Hetrick	15.8	1971
7. Gary Dreissig	15.9	1963

## Sophomore 400 Meter Dash

1. Bryce Dally	52.4	1982
2. Pat Carr	52.7	1981
3. Steve Slavik	53.0	1977
4. Tom Weinhold	53.5	1977
Paul Lutz	53.5	1982
5. Greg Weber	53.6	1977
6. Chuck Lefebvre	53.8	1973
7. Jeff Plotrowski	53.9	1977
8. Howard Hodge	54.0	1979
9. Tom Michlitsch	54.3	1980
10. Dan Kolles	54.7	1976

## 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
Bryce Dally	22.7	1984
5. Duane Lakoduk	23.1	1973
Dane Mattson	23.2	1970
Mike Deliduka	23.2	1984

## Varsity 1600 Meter Relay

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

## Varsity Triple Jump

1. Craig Otto	44' 6 1/2"	13.57	1984
2. Lee Olmsted	43' 8"	13.31	1984
3. Mike Donahue	43' 5"	13.23	1981
4. Tony Iliff	41' 6 3/4"	12.67	1983
5. John Krajllic	39' 5"	12.015	1978
6. Doug Granlund	38' 11"	11.86	1982
7. Doug Jermoluk	38' 9 3/4"	11.815	1978
8. Steve Smit	38' 4 1/2"	11.695	1974
9. Gerard Becker	37' 11"	11.555	1975
10. Sean Byrnes	37' 7"	11.455	1982

## Sophomore Triple Jump

1. Mike Donahue	41' 1"	12.52	1979
2. Craig Otto	40' 1"	12.215	1982
3. Lee Olmsted	39' 7"	12.065	1982
4. Doug Jermoluk	38' 9 3/4"	11.815	1978
5. John Johnson	37' "	11.28	1984
6. Sean Byrnes	36' 5"	11.10	1981
7. Doug Granlund	36' 1/2"	11.01	1980
8. Bruce Powers	36' 3/4"	10.98	1974
9. Gary Kolles	35' 6"	10.82	1980
10. Rich LaFavor	35' "	10.67	1978

## Varsity Pole Vault

1. Bob Lashinski	13'	3.96	1978
Jeff Zerwas	13'	3.96	1980
2. John MacIntyre	12' 9"	3.885	1966
3. Jeff E. Smith	12' 6"	3.81	1984
Jeff J. Smith	12' 6"	3.81	1984
4. Kim Mattson	12'	3.66	1973
Mike Zahler	12'	3.66	1975
Ross E. Anderson	12'	3.66	1975
Pat Zahler	12'	3.66	1976
Greg Adamski	12'	3.66	1980
Brad Holt	12'	3.66	1984

**SOPHOMORE POLE VAULT**

1. Brad Holt	11' 9"	3.58	1982
2. Mike Zahler	11' 6"	3.50	1973
3. Kim Mattison	11'	3.35	1971
Jeff J. Smith	11'	3.35	1982
4. Ross E. Anderson	10' 6"	3.20	1973
Jeff E. Smith	10' 6"	3.20	1982
5. Steve Greene	10'	3.05	1977
Greg Zahler	10'	3.05	1977
Russ Adamski	10'	3.05	1979
6. Glen Thompson	9' 6"	2.895	1978

**VARSITY 4000 METER  
DISTANCE MEDLEY RELAY**

1. Jeff Hudson (55.7), Pat Carr(2:12), Roger Dehn(3:27), Steve Bye(4:45)	11:19.1	1981
2. Paul Lutz, Kevin Juntunen, Jim Wallace, Paul Reighard	11:37.1	1984
3. Tom Earl, Kevin Juntunen, Jim Wallace, Eric Nystrom	11:45.5	1982
4. Doug Jarmoluk, Tom Weinhold, Steve Bye, Joe Gourley	11:51.8	1979
5. Sean Byrnes, Kevin Juntunen, Tom Earl, Greg Winkels	11:52.4	1983
6. Steve Brant, Ross E. Anderson, Gregg Skuza, Daryl Boyd	11:56.5	1975

**VARSITY 400 METER RELAY**

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

**VARSITY LONG JUMP**

1. Mike Donahue	22' 9"	6.935	1981
2. Ray Schreckenghaust	22' 4 1/2"	6.82	1983
3. Steve Smith	21' 9 1/2"	6.65	1974
4. Frank Kopetka	21' 9 1/2"	6.64	1971
5. Tony Illiff	21' 11"	6.425	1983
6. Lee Olmsted	20' 9 1/2"	6.33	1984
7. Bryan Cornelius	20' 9"	6.325	1960
8. John Kraljic	19' 11 1/2"	6.09	1978
9. Bill McAlpine	19' 9 1/2"	6.04	1977
10. Arne Engstrom	19' 8"	6.02	1962

**SOPHOMORE LONG JUMP**

1. Ray Schreckenghaust	20' 10 1/2"	6.31	1981
2. Mike Donahue	20'	6.095	1979
3. Steve Smith	19' 10"	6.045	1972
4. Sean Byrnes	19' 1 1/2"	5.80	1981
5. Craig Otto	18' 10 1/2"	5.725	1982
6. John Johnson	18' 9 1/2"	5.73	1984
7. Lee Olmsted	18' 5"	5.61	1982
8. Doug Jarmoluk	18' 3 1/2"	5.575	1978
9. John Kraljic	18' 3"	5.56	1976
10. Steve Olsen	17' 8"	5.385	1979

**VARSITY DISCUS**

1. Paul Zabee	159' 8"	48.68	1976
2. Randy Nielsen	155' 5"	47.38	1972
3. Brian Kopesky	149' 9"	45.68	1978
4. Craig Otto	148' 3"	45.18	1984
5. Jon Smith	143'	43.58	1982
6. Blaise Kraljic	142' 5"	43.40	1972
7. Emery LaPointe	141' 2"	43.02	1970
Brian Goldenman	141' 2"	43.02	1980
8. Ted Olson	137' 9"	41.98	1962
John Barsody	137' 9"	41.98	1983
9. Greg Paffel	134' 1"	40.88	1984
10. Wayne Becklin	132' 9 1/4"	40.465	1972

**SOPHOMORE DISCUS**

1. Greg Paffel	134' 1"	40.86	1984
2. Craig Otto	124' 14"	38.08	1982
3. Jon Smith	124' 3"	37.88	1980
4. Paul Zabee	119' 9"	36.50	1974
5. Randy Nielsen	119' 3"	36.34	1970
6. Ian Schroeder	114' 7"	34.92	1983
7. Cliff Anderson	114' 7"	34.74	1975
John Barsody	114'	34.74	1981
8. Brian Goldenman	113' 8"	34.64	1978
9. Brian Kopesky	110'	33.52	1976
10. Howard Hodge	104' 8"	31.90	1979

**SOPHOMORE 4000 METER  
DISTANCE MEDLEY RELAY**

1. Tom Earl (57.9), Kevin Juntunen(2:18.4), Jim Wallace (3:36), Eric Nystrom(4:52)	11:45.5	1982
2. Dave Barsody, Tom Michlitsch, Duane Smith, Steve Bye	12:08.3	1980

**SOPHOMORE 400  
METER RELAY**

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

**VARSITY HIGH JUMP**

1. Jeff J. Smith	6' 7"	2.005	1984
2. Jeff Hawkins	6' 6"	1.98	1974
3. Mike Donahue	6' 4"	1.95	1981
4. Gene Belanger	5' 11 1/2"	1.82	1960
5. Jeff Schober	5' 11"	1.80	1971
6. Bruce Anderson	5' 10"	1.775	1973
Brad Holt	5' 10"	1.775	1983
7. Arne Engstrom	5' 9 1/2"	1.765	1962
8. Lynn Tebbenkamp	5' 9"	1.75	1969

**SOPHOMORE HIGH JUMP**

1. Jeff J. Smith	6' 1"	1.855	1982
2. Jeff Hawkins	5' 10"	1.775	1972
Mike Donahue	5' 10"	1.775	1979
3. Bruce Anderson	5' 8"	1.725	1971
Tim Olson	5' 8"	1.725	1976
Rick Stebley	5' 8"	1.725	1977
Lee Olmsted	5' 8"	1.725	1982
Dave Slavik	5' 8"	1.725	1984
4. Tim Daniels	5' 6"	1.675	1969
5. Tim Gesch	5' 4"	1.625	1976
Terry Rask	5' 4"	1.625	1976
Shaun Friedrich	5' 4"	1.625	1977
Joe Poujot	5' 4"	1.625	1979
Rick Wrobel	5' 4"	1.625	1981
Brad Holt	5' 4"	1.625	1982

### VARSITY SHOT PUT

1. Wayne Becklin	53' 2 3/4"	16.225	1972
2. Emery LaPointe	52' 7"	16.025	1959
3. Craig Otto	51' 7 1/4"	15.73	1984
4. Brian Goldenman	51' 7"	15.72	1980
5. Randy Nielsen	51' 2"	15.599	1972
6. Brian Kopesky	50' 3 1/2"	15.63	1978
7. Blaise Kraljic	50' 1 1/4"	15.285	1972
8. Dennis Anderson	49' 10 1/2"	15.20	1982
9. Jon Smith	49' 6 3/4"	15.105	1982
10. Cliff Anderson	47' 8"	14.53	1975

### SOPHOMORE SHOT PUT

1. Cliff Anderson	47' 8"	14.53	1975
2. Greg Paffel	47' 1"	14.35	1984
3. Brian Goldenman	44' 11"	13.69	1978
4. John Barsody	42' 10 1/4"	13.06	1981
5. Craig Otto	41' 10"	12.75	1982
6. Jon Smith	40' 6"	12.345	1980
7. Kevin Illiff	40' 4"	12.29	1977
8. Bob Temple	38' 3 1/2"	11.67	1980
9. Ian Schroeder	38' 8"	11.175	1983
10. Bob Heldt	35' 6"	11.125	1974

### 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 Morgan	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	1974
6. Mike Morgan	44.9	1977
7. Chuck Lefebvre	45.4	1973
8. Tim Olsen	46.1	1976

### SOPHOMORE 1600 METER RELAY

1. Steve Slavik (53.6), Tom Weinhold (54.0), Jeff Piotrowski (53.6), Greg Weber (53.4)	3:32.9	1977
2. Rick Steblay, Steve Slavik, Jeff Piotrowski, Tom Weinhold	3:35.9	1977
3. Steve Slavik, Greg Weber, Jeff Piotrowski, Rick Steblay	3:39.0	1977
4. Greg Weber, Jeff Piotrowski, Dan Lemmon, Steve Slavik	3:41.9	1977
5. Craig Hinrichs, Marlon Weber, Tim Mulvaney, Dan Kolles	3:44.8	1976

### VARSITY 6400 METER RELAY

1. Daryl Boyd (5:13), Mike Anderson (4:41), Steve Brant (4:47.6), Warren Hinkle (4:43.2)	19:24.6	1974
2. Mike Jeanette, Paul Reighard, Jim Wallace, Erick Nystrom	19:51.0	1984
3. Greg Brant, Mike Smit, Warren Hinkle, Mike Anderson	20:08.7	1972
4. Greg Winkels, Tim Davls, Jeff Torkkola, Jay Johnson	20:08.6	1984
5. Chris Dehn, Gordy Raveling, Jamie Jackman, Dan Lemmon	20:10.7	1977
6. Steve Bye, Brian Day, Duane Smith, Jeff Travls	20:10.8	1980

### SOPHOMORE 6400 METER RELAY

1. Jim Wallace (5:06), Erick Nystrom (5:11), Tom Earl (5:19), Kevin Juntunen (5:17)	20:53.0	1982
2. Randy Thompson, Tom Earl, Erick Nystrom, Kevin Juntunen	21:05.0	1982
3. Steve Brant, Dave Lemmon, Randy Schreckenghaust, Mike Tokar	21:11.1	1973

### VARSITY 1600 METER SPRINT MEDLEY RELAY

1. Bruce Powers (24.2), Brian Klemz (23.1), Daryl Boyd (50.3), Gregg Skuz (1:57.1)	3:34.0	1975
2. Mark Oihilla, Paul Lutz, Pat Carr, Bryce Dally	3:34.5	1983
3. Pat Carr, Ray Schreckenghaust, Bryce Dally, Steve Bye	3:38.6	1982
4. Dan Kolles, Jeff Stone, Steve Slavik, Jeff Piotrowski	3:38.9	1978
5. Steve Slavik, Dan Kolles, Jeff Stone, Scott Ferrian, Bruce Nierenhausen, Eric Nystrom, Bryce Dally	3:39.9	1978
6. Scott Ferrian, Bruce Nierenhausen, Eric Nystrom, Bryce Dally	3:39.9	1984

### SOPHOMORE 1600 METER SPRINT MEDLEY RELAY

1. Jeff Piotrowski (25.2), Steve Slavik (23.9), Jeff Stone (52.8), Tom Weinhold (2:05.2)	3:48.2	1977
2. Mike Morgan, Jeff Stone, Tom Weinhold, Russ Gesch	3:55.2	1977
3. Keith Barnier, Jon Hines, Bret Hoaglund, Duane Smith	3:56.1	1980
4. Jeff Piotrowski, Greg Weber, Steve Slavik, Russ Gesch	3:56.4	1977
5. Brian Klemz, Chuck Lefebvre, Larry Christensen, Kevin Mulvaney	4:00.4	1973

### VARSITY 800 METER RELAY

1. Glen Anderson (23.4), Pat Car (23.1), Ray Schreckenghaust (22.6), Bret Hoaglund (22.8)	1:31.4	1982
2. Craig Hinrichs, Rick Steblay, Clint Leger, Jeff Miller	1:31.6	1978
3. Keith Barnier, Bret Hoaglund, Ray Schreckenghaust, Lance Hoaglund	1:31.6	1981
4. Mark Anderson, Bryce Dally, Pat Carr, Ray Schreckenghaust	1:32.0	1983
5. Mark Anderson, Glen Anderson, Ray Schreckenghaust, Bret Hoaglund	1:32.5	1982
6. Craig Hinrichs, Steve Slavik, Dan Kolles, Jeff Miller	1:32.7	1978

### VARSITY 3200 METER RELAY

1. Daryl Boyd (2:02), Gregg Skuz (2:01.2), Brian Klemz (2:04.2), Steve Brant (2:02.2)	8:09.8	1975
2. Jim Wallace, Kevin Juntunen, Eric Nystrom, Paul Lutz	8:14.0	1984
3. Eric Nystrom, Kevin Juntunen, Pat Carr, Bryce Dally	8:14.3	1983
4. Dan Lemmon, Russ Gesch, Jeff Piotrowski, Tom Weinhold	8:20.0	1979
5. Ross A. Anderson, Ken Orwall, Ron Pouliot, Kevin Palmer	8:25.0	1972
6. Tom Weinhold, Marlon Weber, Russ Gesch, Jeff Piotrowski	8:25.1	1978

### SOPHOMORE 800 METER RELAY

1. Jeff Piotrowski (24.3), Steve Slavik (24.0), Jeff Stone (25.3), Clint Leger (25.0)	1:36.7	1977
2. Clint Leger, Jeff Piotrowski, Steve Slavik, Jeff Stone	1:38.7	1977
3. Clint Leger, Mike Morgan, Jeff Piotrowski, Jeff Stone	1:39.7	1977
4. Brian Klemz, Chuck Lefebvre, Larry Christensen, Steve Brant	1:41.0	1973

### SOPHOMORE 3200 METER RELAY

1. Russ Gesch (2:09.2), Tom Weinhold (2:07.3), Shaun Friedrich, Dan Lemmon	8:54.6	1973
2. Brian Klemz, Kevin Mulvaney, Larry Christensen, Steve Brant	8:59.1	1982
3. Jim Wallace, Kevin Juntunen, Tom Earl, Eric Nystrom	9:03.0	1982
4. Jim Wallace, Kevin Juntunen, Greg Winkels, Tom Earl	9:18.8	1977
5. Shaun Friedrich, Russ Gesch, Shaun Lemmon, Tom Weinhold		

## 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

1. Earning 20 points in the following ways:
  - a. Setting a personal record (PR) earns 1 point. To get a PR you must have competed in an event more than once.
  - b. Points earned in varsity meets count. Scoring 6-4-3-2-1 or 5-3-1.
2. Placing in the top 6 in any event in the region meet earns a letter.
3. Setting 5 personal records in any one event during the season earns a letter.
4. Seniors in their first year out who do not have any unexcused absences from practice or meets earn a letter.
5. 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

1. You will be striving to reach your maximum potential in your events. To do this, the coaches feel you must be setting realistic goals.
2. Attendance at practice and meets is mandatory. The 1st unexcused practice will result in the athlete not being allowed to compete in the next meet. The 2nd unexcused practice will result in the athlete not being allowed to compete in the next two meets. On your 3rd unexcused practice you will be asked to turn in your equipment. Unexcused means that the coaches did not know where you were the day you were gone. Emergencies will be taken into consideration. If you must miss practice or a meet and have a legitimate reason, call Mr. Ring Jarvi at Vandenberg 441-1003 or at home 427-6022; or contact Mr. Sagan at the senior high or at home 441-3414.

## 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
1984	Craig Krupke

## PAST CAPTAINS

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

# CHAMPIONS

GREATNESS COMES TO  
THOSE THAT



Paul Zabee

DARE TO  
SWEAT..

DARE TO  
STRAIN...



Pat Carr

Rick Steblay

AND DARE  
THE PAIN.



Dan Kolles Jeff Plotrowski Jeff Stone Clint Peger Greg Weber



Steve Brant Daryl Boyd  
Gregg Skuza Brian Klemz