

# ELK RIVER



1986

TRACK & FIELD

# HISTORY

## BOYS

According to records, Elk Rivers 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.

Dudley Draxton coached the Elks from 1953-56. In his first year the Elks had four lettermen. In 1954 Kenny Olson was the District 1 mile champion and placed second in the region qualifying him for the state meet.

The 1956 team was very powerful. They placed 2nd 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 Lloyd Gray, Rollie Hanks, Gene Sellon and Paul Ebner placed 1st 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 1st place. In 1961 there were 14 lettermen. Of these, 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 of Carl Demars, Walt Malmstrom, Dick Lenz & John Macintyre also qualified. 1965 was a good year!

In the spring of 1966 Walt Malmstrom again qualified for the State Track and Field Meet and again placed 3rd. His time of 1 minute 54 seconds is still, not only an Elk school record, but stands as one of the best 880s ever run in the State Meet in Minnesota. Also qualifying for the State was John Macintyre in the Pole Vault, but he 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 2 entrants at the state track meet. Frank Kopetka placed 5th in the Long Jump with a leap of 21ft 9 $\frac{1}{2}$ in, and Mike Lefebvre qualified in the 100 Yard Dash.

Things really began to look good in the spring of 1972 as the Elks won the St. Francis Invitational, Rosemount Invitational, Princeton Invitational, Rum River Conference, & placed 2nd in the District 16 meet. What a year!

In 1973 the Elks again were the Rum River Champions. In addition, they won the Rosemount Invitational, Centennial Relays, Panther Invitational, Sub Region Class A and were 2nd place finishers in the Region IV A meet. This was the first year that the State Meet was split into classes and Elk River participated in Class A with 2 entrants. They

## GIRLS

1967 was the first unofficial start of girls track in Elk River, but the year 1969 was the official birth of Girls' Track and Field in Elk River. The team was made up of about 15 members and was coached by Betty Picco

1970 was the 1st year the Elks competed in the Rum River Conference, and it was also the first time that the Rum River Conference had a Conference Girls Track and Field meet which the Elks won. With most of the girls from the Elks returning next year, 1971 looks very good.

The Elks again won the conference meet in 1971. This was also the year of Jana Gesch. She set both the 100 and 200 yard dash School records for the Elks. Again the Elks will have many returning letter winners in 1972.

Although the Elks placed 2nd in the Rum River Conference meet in 1972, they did place 3rd in the Region IV A meet at Coon Rapids and qualified 3 girls and 1 relay team for the first Minnesota Girls State Track and Field meet at St. Cloud.

1973 was a great year! The Elks again won the Rum River Conference meet. They also won the Rum River Invitational, the Panther Invitational and placed 4th in the District 16 meet. Marge Donahue and Dawn Johnson qualified for the State Meet at Rosemount.

Winning the District 16 Championship meet was the major highlight of 1974. The Elks also won the Rum River Conference meet and the Panther Invitational. What will the 1975 season bring?

1975 found the Elks winning the Rum River Conference for the 5th time in 6 years. The Elks really dominated Girls Track and Field in the Rum River. The Elks also won the Spring Lake Park Invitational for the 3rd time. Finally, for the first time in the history of Girls Track and Field at Elk River, an assistant Girls Track and Field coach was hired. She was Sue Marchetti.

1976 was the first and last year that the Elks competed in the Skyline Conference. It was also the last year for assistant coach Marchetti as she stepped down from her coaching duties. Special thanks for her time and effort. Mary Mulvaney broke the School record in the 2 mile, was the Skyline 2 mile champion and won the Larry Dare award at the Elks athletic awards program.

1977 marked a year of independence in Track and Field as the Elks were without a Conference. The Elks won the St. Francis Invitational, Elk River Invitational and Delano Invitational. This was the first year that the Elks ran on a metric track, the track of the future. A new assistant coach, Keith Howard, joined the Elks.

1978 was the year the Elks joined the New Central Lake Conference. It was a tough conference. Sue Klein broke the school shot put record and Jan Meade the 100 Hurdle school record. It was a lean, but learning year for the Elks.

## boys cont:

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 a 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 Invite Champions, St. Paul Park Class S Champions, Sub-Region Class A Champions, Region IV A Champions and the 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 & made the finals of the 100 Yard Dash. Steve placed 2nd in the High Hurdles in 14.8 and 2nd in the Long Jump with 21 ft 9 3/4 in. Dan Reemts qualified in the Shot Put. Six school records were broken by the Elks.

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 1 Mile Relay (3:26). Bruce Powers, Brian Klemz, Daryl Boyd & Gregg Skuza broke the school record in the Sprint Medley Relay with a time of 3:35.1. Both the 1 Mile Relay and Sprint Medley Relay teams placed 4th in the State. Steve Brant also qualified for the finals in the 880 Yard Run in the State Meet. This was the last year of the Elks competing in the Rum River Conference and for the 4th year in a row they were Rum River Champs.

1976 found the Elks in the Skyline Conference for the first and the last time. There was no doubt that this was a tough conference. The Elks had one of their youngest teams in many years and it proved to be a learning experience. Grant Hartman had a great year in the High Hurdles. Another senior who had a great year was Brad Grupa in the Low Hurdles. Probably the best performance of the year came from senior Paul Zabee. Not only did he break the school record in the Discus with a toss of 159 ft 8 in but he also placed 2nd in the Regions and 3rd in the State Class AA meet. Lastly, this was also the year that Bill Winter after 6 successful years as Head Track and Field Coach, decided to hang up his stopwatch. Many thanks and memories go with him!

1977 was an interesting year for several reasons: first of which was the fact that the Elks would not be in a conference; second, the Elks had two new coaches; the Head Coaching position was taken by Rollie Jarvi while Colin Anderson, one of the top ranked Shot Putters in the United States, took over the Shot and Discus duties for both the boys and the girls. Finally, this was the year of the Soph. 11 Sophomore school records were broken and 1 tied. The experience from the Jr. high and the hard work during the season payed off. The Elks won the Centennial Invitational and came within several points of winning more meets. The Varsity 440 Relay School record was broken and the Elks qualified several people for the finals of the Region IV AA meet. The outlook for 1978 looks very promising.

## girls cont:

1979 was a year of many individual triumphs and of personal bests. Carin Plaisted broke the 100 Hurdles School record and Annie Zabee broke the School record in the Discus. Highlights of the season were the many personal records and the winning of the Elk River Inv.

1980 was a year dominated by St. Cloud Tech and Apollo in the Central Lakes Conference. The Elks lack of depth and numbers made it difficult to score points. The Elks did win the Elk River Invitational and Carin Plaisted broke her own school record in the 100 Hurdles. 1981 should be a very interesting year!

1981 was the last year that Keith Howard coached for the Elks. We all profited from the experience of knowing and working with him for 5 years and will miss him. The Elks broke 3 school records this season. One each by Angie Beck, Cheryl Guzek and Tami Pipenhagen. Only 7 Sophomores came out this year and the total of only 23 track members made it tough again to score in the big meets. Maybe 1982 will bring out more athletes.

1982 found the Elks with a new assistant coach by the name of Brenda Holmgren. We all welcome her as a special part of our team! The Elks broke 2 school records this year. They were in the Long Jump and in the High Jump. This was an outstanding year for the Elk Sophomores. They competed most of the time on the Varsity and were responsible for much of the success of the team. 1983 should be a very good year!

Sophomores again highlighted the 1983 season. There were 2 Sophomore School Records broken and many girls got close to breaking more school records. There were also many personal records this year. Finally this was also the year that Betty Piccolo resigned after 15 yrs of dedicated coaching. Betty built the Elk River Girls Track and Field program. Many thanks and happy memories will follow her wherever she may go.

In 1984 the Elks had a very young team and 2 new coaches. Brenda Holmgren took over the Head Coaching duties and Sue Mensen became the assistant coach. The Elks broke 2 Varsity School Records and 1 Sophomore School record. 9th grader Anne Loftus broke the Sophomore High Jump record and the Varsity High Jump Record while the 2 mile Varsity record was broken by Nancy Cowles, Michelle Mehrer, Laura Lange and Mary Hyser. 1985 might be one of the best in many years!

1985 found the Boys and Girls Track and Field teams combined under 1 coaching staff. As a result the girls Varsity broke 5 school records and tied 1. The Sophomore girls broke 4 school records. The girls also had one of their highest conference finishes in recent yrs. The 1985 Elks were a young team which gained a lot of experience. Hopefully 1986 will be one of the Elks best.

boys cont:

1978 was a great year! If you look at the competition and schedule, you might say it was one of the Elks greatest 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 1st place finish in the Central Lakes & a 4th place finish in Region IV AA, the Elks proved that they could compete with the best. Along the way 7 varsity records were broken. Bob Lashinski broke one of the oldest school records in the Pole Vault. Senior Jeff Miller broke both the 220 and 440 school records and qualified for the State Meet in the 220. Rick Steblay broke the Intermediate Hurdles school record and placed 5th in that event in the State Meet. Many of the Elks set PRs (Personal Records) during the year; and if you can measure success by how many PRs were set, 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. 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 to place 5th in the State Meet team standings. 3 Varsity school records were broken and 1 was tied. 1 Sophomore School record was broken and 1 was tied. In addition many other Elks contributed to the overall effort of the 1979 team. Although 1980 found the Elks without 14 of last years team members, 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 Donahues 7th place finish in the State Meet in the Long Jump. Steve Bye broke the Sophomore 1 and 2 mile school records, Keith Barnier the Sophomore Intermediate Hurdle record, Bret Hoaglund the Sophomore 220 record and Jon Smith the Sophomore Discus record. Varsity records were broken by Lance Hoaglund in the 220, Mike Donahue Triple Jump and Jeff Zerwas tying the Pole Vault record. With Colin Anderson training towards a berth on the Olympic Shot Put team, Dave Stadden took over the assistant coaching duties and did a fine job. The Elks should have a fine nucleus for the 1981 season.

In 1981 the Elk River Track and Field team started slow and finished strong. At the end of the season, the Elks had placed 2nd in the Central Lakes, 2nd in the Chieftan Invitational and 4th in the Region IV AA meet. The Elks also had 5 people in 3 events at the State Track and Field meet. They were Mike Donahue in

boys cont:

the Long Jump, Keith Barnier in the Intermediate Hurdles and the 440 Relay team of Mike Donahue, Ray Schreckenghaust, Bret Hoaglund and Lance Hoaglund. 1981 saw the Elks break 4 Varsity School records, tying 1 and breaking 2 Sophomore School records. With the loss of only 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 Conference Title with some controversy. They also place 3rd in the Region IV AA meet which was their highest finish in AA competition. The Elks broke 3 Varsity and 6 Sophomore School Records. 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 and Field in 1983!

1983! What a year! Central Lakes Champs, Region IV AA Champs and Mile Relay State Champs. The Elks it could be said; truly saved the best for last this season. 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 meet. 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 that the Elks qualified the most people they ever have 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 & Mile Relay, Bryce Daily 400, Sprint Medley Relay & Mile Relay, Ray Schreckenghaust 200, Long Jump & Mile Relay and Mark Ollila & Paul Lutz alternates, and finally Eric Nyström Sprint Medley Relay. 5 of these Elks return in 1984 plus many other lettermen. Can the 1984 team top the team of 1983?

1984 saw the Elks have their best start ever, winning their first 5 meets. Though they slowed down during the middle of the season, they finished the season with another Central Lakes Championship, a 3rd in the Region and qualifying 4 people in 5 events in the State Meet. Craig Krupke scored the only points for the Elks in the State with a 3rd place finish in the High Hurdles and a 6th place in the Intermediate Hurdles. The Elks broke 2 Varsity School records, tied 1 and broke 2 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.

1985 was a new experience! The Boys and Girls Track and Field teams were combined under 1 coaching staff for the first time ever. It was also a tough year for the boys. With only a handful of seniors and competition in the New North Suburban Conference, the Elks were hard pressed for points but still managed to break 2 varsity and 3 Sophomore School records. With many returning lettermen the 1986 season should find the Elks moving up in the Conference standings.



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**Good Luck  
Elks!**

# 1986 ELK RIVER VARSITY TRACK AND FIELD SCHEDULE

MARCH 10	MONDAY	BOYS	SCRIMMAGE AT ANOKA	7:00 PM
MARCH 15	SATURDAY	BOYS	C. RAPIDS/GRACE/ER AT BLAINE	10:00 AM
MARCH 15	SATURDAY	GIRLS	SCRIMMAGE F. LAKE/ER AT BLAINE	12:30 PM
MARCH 22	SATURDAY	BOTH	OUTSTATE INDOOR MEET AT U OF MINN<	8:30 AM
MARCH 26	WEDNESDAY	BOTH	COOPER INVITATIONAL AT BETHEL	1:30 PM
MARCH 31	MONDAY	BOTH	CONFERENCE INDOOR AT BETHEL	4:00 PM
APRIL 10	THURSDAY	GIRLS	KELLOGG/C. RAPIDS AT ELK RIVER	3:45 PM
APRIL 12	SATURDAY	BOYS	CONFERENCE RELAYS AT ELK RIVER	10:00 AM
		GIRLS	CONFERENCE RELAYS AT	10:00 AM
APRIL 15	TUESDAY	BOYS	PARK COTTAGE GROVE INVITATIONAL	3:00 PM
APRIL 17	THURSDAY	GIRLS	E.R./COLUMBIA HEIGHTS AT FOREST LAKE	3:45 PM
APRIL 19	SATURDAY	BOYS	PONY CLASSIC AT STILLWATER	10:30 AM
APRIL 22	TUESDAY	BOTH	BLAINE AT ELK RIVER	3:30 PM
APRIL 24	THURSDAY	GIRLS	BLAINE/FRIDLEY AT ELK RIVER	3:45 PM
APRIL 29	TUESDAY	BOYS	BLAINE/ER AT MOUNDSVIEW	3:30 PM
MAY 1	THURSDAY	GIRLS	IRONDALE/ER AT RAMSEY	3:45 PM
MAY 5	MONDAY	BOTH	CENTENNIAL INVITATIONAL	4:00 PM
MAY 8	THURSDAY	BOYS	COON RAPIDS INVITATIONAL	4:30 PM
	THURSDAY	GIRLS	MOUNDSVIEW AT ELK RIVER	3:45 PM
MAY 10	SATURDAY	BOTH	ST. LOUIS PARK INVITATIONAL	9:30 AM
MAY 15	THURSDAY	BOTH	ELK RIVER INVITATIONAL	3:30 PM
MAY 20	TUESDAY	BOYS	CONFERENCE PRELIMS AT ELK RIVER	4:00 PM
	TUESDAY	GIRLS	CONFERENCE PRELIMS AT MOUNDSVIEW	4:00 PM
MAY 22	THURSDAY	BOTH	CONFERENCE FINALS AT ELK RIVER	5:00 PM
MAY 29	THURSDAY	BOYS	REGION PRELIMS AT STILLWATER	8:30 AM
	THURSDAY	GIRLS	REGION PRELIMS AT STILLWATER	1:00 PM
MAY 31	SATURDAY	BOTH	REGION IV AA FINALS AT STILLWATER	12:30 PM
JUNE 5	FRIDAY	BOTH	STATE MEET PRELIMS AT OSSEO	12:00 Noo
JUNE 6	SATURDAY	BOTH	STATE MEET FINALS AT OSSEO	12:00 Noo

\*\*\*\*\* IF IT IS TO BE IT IS UP TO ME! \*\*\*\*\*

## 1600 RUN

1. JAY PAULSON	4:40.7	1985
2. MIKE JEANETTE	4:42.9	1984
3. JIM WALLACE	4:43.0	1983
4. STEVE BYE	4:45.2	1980
5. ROGER DEHN	4:45.4	1981
6. ERIC NYSTROM	4:45.8	1982
7. DAN LEMMON	4:49.3	1977
8. ROSS A ANDERSON	4:50.6	1970
9. STEVE BRANT	4:51.7	1973
10. DON TROMBLEY	4:52.9	1985

## 110 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

## SHOT PUT

1. CLIFF ANDERSON	47' 8"	1975
2. GREG PAFFEL	47' 1"	1984
3. RON JOHNSON	45' 6 1/4"	1985
4. BRIAN GOLDENMAN	44' 11"	1978
5. EMERY LAPOINTE	44' 2"	1968
6. JOHN BARSODY	42' 10 1/4"	1981
7. CRAIG OTTO	41' 10"	1982
8. JON SMITH	40' 6"	1980
9. KEVIN ILIFF	40' 4"	1977
10. BOB TEMPLE	38' 3 1/2"	1980

## HIGH JUMP

1. JEFF J SMITH	6' 1"	1982
2. JEFF HAWKINS	5' 10"	1972
MIKE DONAHUE	5' 10"	1979
3. BRUCE ANDERSON	5' 8"	1971
TIM OLSEN	5' 8"	1976
RICK STEBLAY	5' 8"	1977
LEE OLMSTED	5' 8"	1982
DAVE SLAVIK	5' 8"	1984
4. TIM DANIELS	5' 6"	1969
5. TIM GESCH	5' 4"	1976
TERRY RASK	5' 4"	1976
SHAUN FRIEDRICH	5' 4"	1977
JOE POULIOT	5' 4"	1979
RICK WROBEL	5' 4"	1981
BRAD HOLT	5' 4"	1982

## 3200 RUN

1. STEVE BYE	10:17.7	1980
2. JAY PAULSON	10:23.0	1985
3. WARREN HINKLE	10:28.3	1972
4. MIKE JEANETTE	10:28.8	1984
5. JIM WALLACE	10:32.0	1982
6. ROGER DEHN	10:38.0	1981
7. PAUL REIGHARD	10:38.7	1983
8. MIKE LUCONIC	10:45.7	1975
9. ERIC NYSTROM	10:57.5	1982
10. JAMIE JACKMAN	10:57.6	1976

## 300 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 MORGEN	44.9	1977
7. CHUCK LEFEBVRE	45.4	1973
8. TIM OLSEN	46.1	1976

## DISCUS

1. GREG PAFFEL	134' 1"	1984
2. RON JOHNSON	125' 9"	1985
3. CRAIG OTTO	124' 11"	1982
4. JON SMITH	124' 3"	1980
5. PAUL ZABEE	119' 9"	1974
6. RANDY NIELSEN	119' 3"	1970
7. IAN SCHROEDER	114' 7"	1983
8. CLIFF ANDERSON	114' 0"	1975
JOHN BARSODY	114' 0"	1981
9. BRIAN GOLDENMAN	113' 8"	1978

## LONG JUMP

1. RAY SCHRECKENGHAST	20' 10 1/2"	1981
2. MIKE DONAHUE	20' 0"	1979
3. STEVE SMIT	19' 10"	1972
4. SEAN BYRNES	19' 1/4"	1981
5. CRAIG OTTO	18' 10 1/2"	1982
6. JOHN JOHNSON	18' 9 1/2"	1984
7. LEE OLMSTED	18' 5"	1982
8. DOUG JARMOLUK	18' 3 1/4"	1978
9. JOHN KRALJIC	18' 3"	1976
10. STEVE OLSEN	17' 8"	1979

TRIPLE JUMP

1. MIKE DONAHUE	41' 1"	1979
2. CRAIG OTTO	40' 1"	1982
3. LEE OLMSTED	39' 7"	1982
4. DOUG JARMOLUK	38' 9 3/4"	1978
5. JOHN JOHNSON	37' 0"	1984
6. SEAN BYRNES	36' 5"	1981
7. DOUG GRANLUND	36' 1/2"	1980
8. BRUCE POWERS	36' 3/4"	1974
9. GARY KOLLES	35' 6"	1980
10. RICH LAFAVOR	35' 0"	1978

400 METER RELAY

1. TODD OSBORN	46.4	1985
TERRY OSTERMAN		
SCOTT DOEBLER		
BUDDY ROBINSON		
2. CLINT LEGER	46.8	1977
STEVE SLAVIK		
JEFF PIOTROWSKI		
GREG WEBER		
3. BRUCE POWERS	47.4	1974
STEVE MCALPINE		
GREG BARRETT		
BRAD GRUPA		
4. DAN KOLLES	47.5	1976
GREG EBNER		
TIM OLSEN		
CRAIG HINRICHS		
TODD OSBORN	47.5	1985
BUDDY ROBINSON		
SCOTT DOEBLER		
DEAN WILLIAMS		

1600 RELAY

1. STEVE SLAVIK	53.6	3:32.9	1977
TOM WEINHOLD	54.0		
JEFF PIOTROWSKI	53.6		
GREG WEBER	53.4		
2. RICK STEBLAY		3:35.9	1977
STEVE SLAVIK			
JEFF PIOTROWSKI			
TOM WEINHOLD			
3. STEVE SLAVIK		3:39.0	1977
GREG WEBER			
JEFF PIOTROWSKI			
RICK STEBLAY			
4. TAAG EBERT		3:41.0	1985
TERRY OSTERMAN			
AL TAKLE			
MARK NYSTROM			
5. GREG WEBER		3:41.9	1977
JEFF PIOTROWSKI			
DAN LEMMON			
STEVE SLAVIK			

POLE VAULT

1. BRAD HOLT	11' 9"	1982
2. MIKE ZAHLER	11' 6"	1973
3. KIM MATTSON	11' 0"	1971
JEFF J SMITH	11' 0"	1982
4. ROSS E ANDERSON	10' 6"	1973
JEFF E SMITH	10' 6"	1982
5. STEVE GREENE	10' 0"	1977
GREG ZAHLER	10' 0"	1977
RUSS ADAMSKI	10' 0"	1979
6. GLEN THOMPSON	9' 6"	1978

800 METER RELAY

1. JEFF PIOTROWSKI	24.3	1:36.7	1977
STEVE SLAVIK	24.0		
JEFF STONE	25.3		
CLINT LEGER	25.0		
2. TODD OSBORN		1:37.5	1985
BUDDY ROBINSON			
SCOTT DOEBLER			
TERRY OSTERMAN			
3. CLINT LEGER		1:38.7	1977
JEFF PIOTROWSKI			
STEVE SLAVIK			
JEFF STONE			
4. CLINT LEGER		1:39.7	1977
MIKE MORGEN			
JEFF PIOTROWSKI			
JEFF STONE			
5. BRIAN KELMZ		1:41.0	1973
CHUCK LEFEBVRE			
LARRY CHRISTENSEN			
STEVE BRANT			

1600 SPRINT MEDLEY RELAY

1. JEFF PIOTROWSKI	25.2	3:48.2	1977
STEVE SLAVIK	23.9		
JEFF STONE	52.6		
TOM WEINHOLD	2:05.2		
2. TODD OSBORN		3:51.8	1985
BUDDY ROBINSON			
TERRY OSTERMAN			
AL TAKLE			
3. MIKE MORGEN		3:55.2	1977
JEFF STONE			
TOM WEINHOLD			
RUSS GESCH			
4. KEITH BARNIER		3:56.1	1980
JON HINES			
BRET HOAGLUND			
DUANE SMITH			
5. JEFF PIOTROWSKI		3:56.4	1977
GREG WEBER			
STEVE SLAVIK			
RUSS GESCH			



STEVE BRANT DARYL BOYD  
GREG SKUZA BRIAN KLEMZ



ELK RIVER BOYS SOPHOMRE  
TRACK RECORDS

EVENT	NAME	TIME OR DISTANCE	YEAR
100 DASH	DAUNE LAKODUK	11.4	1972
200 DASH	BRET HOAGLUND	22.7	1980
400 DASH	BRYCE DAILY	52.4	1982
800 RUN	TOM WEINHOLD	2:04.3	1977
1 MILE RUN	JAY PAULSEN	4:40.7	1985
1 MILE RELAY	JEFF PIOTROWSKI GREG WEBER TOM WEINHOLD STEVE SLAVIK	3:32.9	1977
2 MILE RUN	STEVE BYE	10:17.7	1980
2 MILE RELAY	RUSS GESCH TOM WEINHOLD SHAUN FRIEDRICH DAN LEMMON	8:42.1	1977
800 RELAY	CLINT LEGER JEFF PIOTROWSKI JEFF STONE STEVE SLAVIK	1:36.7	1977
400 RELAY	TODD OSBORN SCOTT DOEBLER TERRY OSTERMAN BUDDY ROBINSON	46.4	1985
SPRINT MEDLEY RELAY	JEFF PIOTROWSKI JEFF STONE STEVE SLAVIK TOM WEINHOLD	3:48.0	1977
HIGH HURDLES	JEFF HAWKINS	15.0	1972
	RICK STEBLAY	15.0	1977
INTERMEDIATE HURDLES	KEITH BARNIER	41.2	1980
	CRAIG KRUPKE	41.2	1982
4 MILE RELAY	JAMES WALLACE TOM EARL KEVIN JUNTUNEN ERIC NYSTROM	20:53.0	1982
DISTANCE MEDLEY RELAY	DON SETH TAAG EBERT MARK LERUD DON TROMBLEY	11:29.4	1985
HIGH JUMP	JEFF J SMITH	6' 1"	1982
LONG JUMP	RAY SCHRECKENHAUST	20' 8 1/2"	1981
TRIPLE JUMP	MIKE DONAHUE	41' 1"	1979
POLE VAULT	BRAD HOLT	11' 9"	1982
SHOT PUT	CLIFF ANDERSON	47' 8"	1975
DISCUS	GREG PAFFEL	134' 1"	1984

ELK RIVER GIRLS SOPHOMORE  
TRACK RECORDS

EVENT	NAME	TIME OR DISTANCE	YEAR
100 DASH	WENDY WATZKE	12.7	1976
200 DASH	COLLEEN BARRETT	27.0	1974
400 DASH	MARGE DONAHUE	62.6	1973
800 RUN	SALLY ANDERSON	2:25.2	1985
1 MILE RUN	SALLY ANDERSON	5:39.0	1985
1 MILE RELAY		4:20.9	1982
2 MILE RUN	CHERYL GUZEK	13:30.0	1979
800 RELAY	KELLY ANDERSON LIZ CARON TANYA CARR JACKIE FOSTER	1:57.4	1982
400 RELAY	JENNINE LEFEBVRE TANYA CARR KELLY ANDERSON JACKIE FOSTER	54.5	1982
100 HURDLES	CYAN SCHRADER	16.1	1981
300 HURDLES	LUANN BARSODY	53.4	1985
HIGH JUMP	ANNE LOFTUS	5' 1"	1984
LONG JUMP	ANNE LOFTUS	16' 6 1/2"	1985
SHOT PUT	TAMI PIPENHAGEN	32' 11"	1979
DISCUS	TAMI PIPENHAGEN	98' 10"	1979

**ELK RIVER BOYS  
VARSITY TRACK RECORDS**

<u>EVENT</u>	<u>NAME</u>	<u>TIME/DISTANCE</u>	<u>YEAR</u>
100 DASH	MIKE LEFEBVRE	10.9	1971
	JEFF HAWKINS	10.9	1974
200 DASH	BRET HOAGLUND	22.2	1982
400 DASH	PAT CARR	49.6	1983
800 RUN	WALT MALMSTROM	1:53.3	1966
1 MILE RUN	ROSS A ANDERSON	4:28.8	1971
1 MILE RELAY	CRAIG KRUPKE BRYCE DAILY RAY SCHRECKENGHAUST PAT CARR	3:22.7	1983
2 MILE RUN	WARREN HINKLE	9:48.4	1974
800 RELAY	GLEN ANDERSON PAT CARR MIKE DONAHUE LANCE HOAGLUND	1:31.4	1982
2 MILE RELAY	BRIAN KLEMZ DARYL BOYD GREGG SKUZA STEVE BRANT	8:09.8	1975
400 RELAY	RAY SCHRECKENGHAUST BRET HOAGLUND MIKE DONAHUE LANCE HOAGLUND	43.6	1981
SPRINT MEDLEY RELAY	BRUCE POWERS BRIAN KLEMZ DARYL BOYD GREGG SKUZA	3:34	1975
HIGH HURDLES	JEFF HAWKINS	14.4	1973
	RICK STEBLAY	14.4	1979
	CRAIG KRUPKE	14.4	1984
INTERMEDIATE HURDLES	RICK STEBLAY	38.2	1979
4 MILE RELAY	DARYL BOYD MIKE ANDERSON STEVE BRANT WARREN HINKLE	19:24.6	1974
DISTANCE MEDLEY RELAY	KEVIN SCHOOLMEESTERS AL TAKLE JIM WALLACE MIKE JEANETTE	11:06.3	1985
HIGH JUMP	JEFF J SMITH	6' 7"	1984
LONG JUMP	MIKE DONAHUE	22' 9"	1981
TRIPLE JUMP	CRAIG OTTO	44' 6 1/4"	1984
POLE VAULT	DAN ZAHLER	13' 1/2"	1985
SHOT PUT	WAYNE BECKLIN	53' 2 3/4"	1972
DISCUS	PAUL ZABEE	159' 8"	1976

GIRLS VARSITY ALL-TIME TRACK AND FIELD PERFORMANCES

100 DASH

1. JANA GESCH	12.2	1971
2. KYLE LILJA	12.4	1974
3. MARY HOEBELHEINRICH	12.5	1973
LORI MIDDELSTADT	12.5	1985
WENDY WATZKE	12.5	1978
4. JACKIE HOAGLUND	12.7	1980
JENNINE LEFEBVRE	12.7	1982
5. PAT MCLEAN	12.8	1978
6. SHERRI MISKOWIC	12.9	1985
LUANN DONAIS	12.9	1981
JODY JOHNSON	12.9	1975
MARGE DONAHUE	12.9	1975

200 DASH

1. LORI MIDDELSTADT	26.5	1985
JANA GESCH	26.5	1971
2. COLLEEN BARRETT	26.6	1975
3. JACKIE HOAGLUND	26.7	1980
4. JODY JOHNSON	27.1	1976
5. KIM MADSEN	27.2	1983
6. KATHY SCHWINN	27.3	1979
7. LUANN DONAIS	27.4	1981
CINDI DONAHUE	27.4	1972
Laurie Michlitsch	27.4	1982
8. BECKY GROVEN	27.5	1985

400 DASH

1. MARGE DONAHUE	60.3	1974
2. MARY MULVANEY	63.5	1977
3. JANE BIGELOW	64.2	1972
4. CHERYL GUZEK	65.0	1981
5. KATHEE DONAHUE	65.1	1976
6. MONA DONAHUE	65.2	1970
7. ANGIE ANDERSON	65.5	1982
8. KELLY ANDERSON	65.9	1983
9. SHERRI MISKOWIC	66.0	1983
10. DORIE PETERSON	66.4	1985
MICHELLE MEHRER	66.4	1985

800 RUN

1. SALLY ANDERSON	2:25.2	1985
2. CHERYL GUZEK	2:30.4	1981
3. KATHEE DONAHUE	2:31.1	1976
4. JAYNE EULL	2:32.6	1973
5. MARGE DONAHUE	2:34.1	1975
6. MARY JO DONAHUE	2:34.7	1977
7. JACKIE PRASKE	2:34.9	1985
8. DAWN KASPER	2:39.0	1985
9. NANCY COWLES	2:39.7	1984
10. ANGIE ANDERSON	2:40.0	1981

1600 RUN

1. CHERYL GUZEK	5:32.7	1981
2. DAWN PETERSON	5:35.9	1975
3. SALLY ANDERSON	5:39.0	1985
4. ANGIE BECK	5:41.6	1981
5. MARY MULVANEY	5:45.4	1977
6. SHANNON SMIT	5:49.9	1975
7. NANCY COWLES	5:56.0	1985
8. KATHEE DONAHUE	5:56.6	1977
9. TERESA KRINKE	5:58.0	1985
10. DAWN KASPER	6:00.6	1985

3200 RUN

1. ANGIE BECK	12:26.0	1981
2. MARY MULVANEY	12:36.2	1977
3. FIELD	12:41.8	1981
4. CHERYL GUZEK	12:51.0	1981
5. DAWN KASPER	13:37.0	1985
WENDY OLSON	13:37.0	1980
6. TERESA KRINKE	13:38.0	1985
7. MARIE DELIDUKA	13:38.9	1983
8. JULIE EBNER	13:41.9	1982
9. NANCY COWLES	13:44.0	1985

100 HURDLES

1. MELISSA MOONEN	15.8	1985
2. CYAN SCHRADER	16.0	1983
CARIN PLAISTED	16.0	1980
3. CARMEN LEFEBVRE	16.5	1981
4. JAN MEADE	16.6	1978
5. DONNA BEHL	16.8	1979
6. JULIE DECAMBALIZA	16.9	1980
7. LORI THOMPSON	17.1	1975
8. BRENDA HIDDE	17.3	1984

300 HURDLES

1. MELISSA MOONEN	50.2	1985
2. LUANN BARSODY	53.4	1985
HEIDI LUKKONEN	53.4	1985
3. LISA MORAN	56.4	1985

## SHOTPUT

1. SUE KLEIN	36' 4 3/4"	1978
2. SUE JOHNSON	36' 1 1/2"	1976
3. TAMI PIPENHAGEN	35' 1 1/2"	1980
4. TERRI HILLER	33' 11"	1975
5. ROBYN LIBBY	33' 10"	1981
6. LINDA BOCK	33' 3"	1979
7. KORYN BECKLIN	32' 10"	1977
8. KATHI SURVIS	32' 9 3/4"	1972
9. DAWN JOHNSON	32' 1/2"	1974
10. CONNIE BECKLIN	31' 10"	1975

## LONG JUMP

1. ANNIE LOFTUS	16' 6 1/2"	1985
2. LORI MIDDELSTADT	16' 4 3/4"	1985
3. JENNINE LEFEBVRE	16' 4"	1982
4. CYAN SCHRADER	16' 1 1/4"	1983
5. MARGE DONAHUE	16' 1/2"	1975
6. SHERRI MISKOWIC	15' 9 1/2"	1984
7. JILL HIRT	15' 9"	1981
8. PAT MCLEAN	15' 7"	1980
KATHEE DONAHUE	15' 7"	1976
9. DEB STOLTE	15' 6"	1984
TERESA JENNE	15' 6"	1973
SHANNON SMIT	15' 6"	1975
10. JODY JOHNSON	15' 2"	1977

## 800 RELAY

1. WENDY WATZKE JODY JOHNSON	1:48.3
KATHY SCHWINN KRIS BARNIER	1977
2. JENNY WILSON PAT MCLEAN	1:51.1
ANITA ELLIOT JACKIE HOAGLUND	1976
3.	1:51.1
	1976
4. WENDY WATZKE KIM EBNER	1:51.2
KRIS BARNIER JODY JOHNSON	1979
5.	1:51.3
	1980

## 3200 RELAY

1. DAWN KASPER JACKIE FRASKE	1985	
2:38	2:34	10:28.5
MICHELLE MEHRER SALLY ANDERSON		
2:43	2:26	
2. DAWN KASPER TERESA KRINKE	1985	
MICHELLE MEHRER	10:41.0	
JACKIE FRASKE		
3. TERESA KRINKE	1985	
JACKIE FRASKE	10:43.3	
MICHELLE MEHRER SALLY ANDERSON		
4. NANCY COWLES	1985	
MICHELLE MEHRER	10:58.3	
TERESA KRINKE SALLY ANDERSON		
5. NANCY COWLES MARY HYSER	1984	
MICHELLE MEHRER	11:02.3	
LAURA LANGE		

## DISCUS

1. TAMI PIPENHAGEN	116' 6"	1981
2. ROBYN LIBBY	113' 10"	1981
3. ANNIE ZABEE	104' 9"	1979
4. DAWN JOHNSON	104' 7 3/4"	1974
5. LAURA GILDEMEISTER	97' 7"	1984
6. CARMEN BAYSINGER	96' 8"	1978
7. TERRE HILLER	95'	1974
8. JULIE MAPSON	89' 4"	1982
9. LENA THOMPSON	88' 1"	1983
10. BARB PHILIP	83' 11"	1983

## HIGH JUMP

1. ANNIE LOFTUS	5' 1"	1984
2. JENNINE LEFEBVRE	5' 0"	1982
KIM WENDT	5' 0"	1982
LISA BRADWAY	5' 0"	1982
3. KAREN SMITH	4' 10"	1984
KIM LEFEBVRE	4' 10"	1975
MARY MCNAIR	4' 10"	1975
4. ANITA MARIETTE	4' 9"	1973
5. SUE LEFEBVRE	4' 8"	1981
MELISSA ALLEN	4' 8"	1977
DONNA BEHL	4' 8"	1979
CHRIS LOFTUS	4' 8"	1982
KRIS SOLHEIM	4' 8"	1974

## 400 RELAY

1. JODY JOHNSON KYLE LILJA	51.7
DONNA SCHNEIDER	1975
COLLEEN BARRETT	
2. SHERRI MISKOWIC	52.2
BECKY GROVEN ANNIE LOFTUS	1985
LORI MIDDELSTADT	
3. NIKKI LAING CYAN SCHRADER	52.3
JENNINE LEFEBVRE	1983
KELLY ANDERSON	
4. KATHY SCHWINN DONNA GOTH	52.6
CHRISTY MADSEN	1979
JACKIE HOAGLUND	
JODY JOHNSON KRIS BARNIER	52.6
KATHY SCHWINN WENDY WATZKE	1977

## 1600 RELAY

1. MARY MULVANEY KIM EBNER	4:17.4
MARY JO DONAHUE MAUREEN BARRETT	
	1977
2. LORI MIDDELSTADT	4:20.0
DORIE PETERSON	1985
MICHELLE MEHRER SALLY ANDERSON	
3. LAURIE MICHLITSCH	4:20.1
TANYA CARR KELLY ANDERSON	1983
SHERRI MISKOWIC	
4. KIM EBNER BECKY PALMER	4:20.7
KIM LEFEBVRE	1976
KATHEE DONAHUE	
5. TANYA CARR LIZ CARON	4:20.9
KELLY ANDERSON	1982
LAURIE MICHLITSCH	

JAY JOHNSON	12	1600 RUN 4:50.5 3200 RUN 10:41 800 RUN 2:14
BERN ISRAELSON	12	100 HURDLES 17.8 300 HURDLES 44.1
MIKE JEANETTE	12	1600 RUN 4:42 3200 RUN 10:28.8 800 RUN 2:08 3200 RELAY 2:07.2 SPLIT 800 DISTANCE MEDLEY RELAY 4:43.5 SPLIT 1600 SPRINT MEDLEY RELAY 2:08.2 SPLIT 800
GREG PAFFEL	12	SHOT PUT. 52' 8" DISCUS 149' 0"
BOB MCNIFF	12	300 HURDLES 45.3 400 DASH 54.1 200 DASH 24.4 1600 RELAY 53.8 SPLIT 400 800 SPRINT MEDLEY RELAY 54.8 SPLIT 400
RANDY TVIETBAAK	12	1600 RELAY 55.6 SPLIT 400 8 x 200 RELAY 25.6 SPLIT 200
DAVE SLAVIK	12	400 RELAY 800 RELAY 23.8 SPLIT 200 LONG JUMP 17' 0" HIGH JUMP 5' 10" 100 DASH 12.2 SPRINT MEDLEY RELAY 24.0 SPLIT 200
MARK LUTZ	12	100 HURDLES 19.1 300 HURDLES 47.0 LONG JUMP 16' 5 1/2" 1600 RELAY 59.5 SPLIT 400
BUDDY ROBINSON	11	400 RELAY 100 DASH 11.9 200 DASH 23.8 SPRINT MEDLEY RELAY 24.2 SPLIT 200 800 RELAY 24.1 SPLIT 200
AL TAKLE	11	1600 RELAY 56.2 SPLIT 400 800 RUN 2:07.2 SPRINT MEDLEY RELAY 2:07.4 SPLIT 800 3200 RELAY 2:07 SPLIT 800
WAG EBERT	11	800 RUN 2:10.9 3200 RELAY 2:09 SPLIT 800
MIKE LERUD	11	800 RUN 2:13.8 1600 RUN 5:04 DISTANCE MEDLEY RELAY 3:33.4 SPLIT 1200 3200 RELAY 2:12.9 SPLIT 800
MARK NYSTROM	11	400 DASH 53.4 3200 RELAY 2:08.8 SPLIT 800 1600 RELAY 53.5 SPLIT 400
BOB OSBORN	11	100 DASH 11.6 800 RELAY 23.1 SPLIT 200 400 RELAY SPRINT MEDLEY RELAY 23.4 SPLIT 200
W. TROMBLEY	11	800 RUN 2:15 1600 RUN 4:52.9 3200 RELAY 2:12.8 SPLIT 800
JOHNSON	11	SHOT PUT 45' 6 1/4" DISCUS 125' 9"
OSTERMAN	11	400 DASH 55.8 1600 RELAY 54.4 SPLIT 400 SPRINT MEDLEY RELAY 55.0 SPLIT 400 25.0 SPLIT 200 800 RELAY 24.2 SPLIT 200 8 x 200 24.0 SPLIT 200
WILSON	10	1600 RUN 4:40.7 3200 RUN 10:23

# BOYS VARSITY ALL-TIME TRACK AND FIELD PERFORMANCES

## 100 DASH

1. MIKE LEFEBVRE	10.9	1971
JEFF HAWKINS	10.9	1974
2. DUANE LAKODUK	11.0	1973
BRET HOAGLUND	11.0	1982
RAY SCHRECKENSHAUST	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

## 200 DASH

1. BRET HOAGLUND	22.2	1982
2. RAY SCHRECKENSHAUST	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 DAILY	22.7	1984
5. DUANE LAKODUK	23.1	1973
6. DANE MATTSON	23.2	1970
MIKE DELIDUKA	23.2	1984

## 400 DASH

1. PAT CARR	49.6	1983
2. BRYCE DAILY	49.9	1983
3. KEVIN SCHOOLMEESTERS	50.4	1985
4. JEFF MILLER	50.5	1978
5. GREGG SKUZA	51.2	1975
PAUL LUTZ	51.2	1984
6. WALT MALMSTROM	51.6	1966
RAY SCHRECKENSHAUST	51.6	1983
7. GREG WEBER	51.7	1979
8. JEFF STONE	51.9	1978

## 800 RUN

1. WALT MALMSTROM	1:53.3	1966
2. TOM WEINHOLD	1:58.3	1978
3. STEVE BRANT	1:59.8	1975
4. ERIC NYSTROM	2:00.0	1983
5. JIM WALLACE	2:00.8	1985
6. KEVIN PALMER	2:01.1	1972
7. MIKE KLEMZ	2:01.3	1973
8. RUSS GESCH	2:02.3	1978
9. BRIAN KLEMZ	2:02.9	1974
10. RON POULIOT	2:03.2	1973

## 1600 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. JIM WALLACE	4:39.0	1985
7. STEVE BYE	4:39.4	1981
8. JAY PAULSEN	4:40.0	1985
9. WALT MALMSTROM	4:41.1	1965
10. MIKE ANDERSON	4:42.1	1974

## 3200 RUN

1. WARREN HINKLE	9:48.4	1974
2. JAMIE JACKMAN	10:10.0	1977
3. PAUL REIGHARD	10:10.1	1985
4. MIKE ANDERSON	10:12.3	1973
5. ROGER DEHN	10:15.6	1983
6. GREG BRANT	10:15.8	1972
7. STEVE BYE	10:17.7	1980
8. GREGG SKUZA	10:18.9	1975
9. DAN LEMMON	10:19.6	1979
10. JAY PAULSEN	10:23.0	1985

## 100 HIGH 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

## 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
KERN ISRAELSON	44.1	1985

## SHOTPUT

1. WAYNE BECKLIN	53' 2 3/4	1972
2. GREG PAFFEL	52' 8"	1985
3. EMERY LAPOINTE	52' 7"	1969
4. CRAIG OTTO	51' 7 1/4	1984
5. BRIAN GOLDENMAN	51' 7"	1980
6. RANDY NIELSEN	51' 2"	1972
7. BRIAN KOPESEK	50' 3 1/2	1978
8. BLAISE KRALJIC	50' 1 1/4	1972
9. DENNIS ANDERSON	49' 10 1/2	1973
10. JON SMITH	49' 6 3/4	1982

## HIGH JUMP

1. JEFF J SMITH	6' 7"	1984
2. JEFF HAWKINS	6' 6"	1974
3. MIKE DONAHUE	6' 4"	1981
4. GENE BELANGER	5' 11 1/2	1960
5. JEFF SCHOBER	5' 11"	1971
6. BRUCE ANDERSON	5' 10"	1973
BRAD HOLT	5' 10"	1983
MARK LOFTUS	5' 10"	1985
DAVE SLAVIK	5' 10"	1985
7. ARNE ENGSTROM	5' 9 1/2	1962

## TRIPLE JUMP

1. CRAIG OTTO	44' 6 1/2	1984
2. LEE OLMSTED	43' 8"	1984
3. MIKE DONAHUE	43' 5"	1981
4. TONY ILIFF	41' 6 3/4	1983
5. JOHN KRALJIC	39' 5"	1978
6. DOUG GRANLUND	38' 11"	1982
7. DOUG JARMOLUK	38' 9 3/4	1978
8. JOHN CHASTEEN	38' 8 1/2	1985
9. STEVE SMIT	38' 4 1/2	1974
10. MARK LOFTUS	38' 1"	1985

## 400 RELAY

1. MIKE DONAHUE	43.6	1981	
RAY SCHRECKENHAUST			
BRET HOAGLUND	LANCE HOAGLUND		
2. KEITH BARNIER	44.1	1982	
GLEN ANDERSON	RAY SCHRECKENHAUST		
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 DILLILA	BRYCE DAILY	44.4	1983
PAT CARR	RAY SCHRECKENHAUST		

## DISCUS

1. PAUL ZABEE	159' 8"	1976
2. RANDY NIELSEN	155' 5"	1972
3. BRIAN KOPESEK	149' 9"	1978
4. GREG PAFFEL	149' 0"	1985
5. CRAIG OTTO	148' 3"	1984
6. JON SMITH	143' 0"	1982
7. BLAISE KRALJIC	142' 5"	1972
8. EMERY LAPOINTE	141' 2"	1970
BRIAN GOLDENMAN	141' 2"	1980
9. TED OLSON	137' 9"	1962
JOHN BARSODY	137' 9"	1983

## LONG JUMP

1. MIKE DONAHUE	22' 9"	1981
2. RAY SCHRECKENHAUST	22' 4 1/2	1983
3. STEVE SMIT	21' 9 3/4	1974
4. FRANK KOPETKA	21' 9 1/2	1971
5. TONY ILIFF	21' 1"	1983
6. LEE OLMSTED	20' 9 1/4	1984
7. BRYAN CORNELIUS	20' 9"	1960
8. JOHN KRALJIC	19' 11 1/2	1978
9. BILL MCALPINE	19' 9 1/4	1977
10. ARNE ENGSTROM	19' 8"	1962

## POLE VAULT

1. DAN ZAHLER	13' 1/2"	1985
2. BOB LASHINSKI	13' 0"	1978
JEFF ZERWAS	13' 0"	1980
3. JOHN MACINTYRE	12' 9"	1966
4. JEFF E SMITH	12' 6"	1984
JEFF J SMITH	12' 6"	1984
5. KIM MATTSON	12' 0"	1973
MIKE ZAHLER	12' 0"	1975
ROSS E ANDERSON	12' 0"	1975
PAT ZAHLER	12' 0"	1976
RUSS ADAMSKI	12' 0"	1980
BRAD HOLT	12' 0"	1984

## 800 RELAY

1. GLEN ANDERSON (23.4)	1:31.4	1982
PAT CARR (23.1)		
RAY SCHRECKENHAUST (22.6)		
BRET HOAGLUND (22.8)		
2. CRAIG HINRICHS	1:31.6	1978
RICK STEBLAY	CLINT LEGER	
JEFF MILLER		
KEITH BARNIER	1:31.6	1981
BRET HOAGLUND	RAY SCHRECKENHAUST	
LANCE HOAGLUND		
3. MARK ANDERSON	1:32.0	1983
BRYCE DAILY	PAT CARR	
RAY SCHRECKENHAUST		
4. MARK ANDERSON	1:32.5	1982
GLEN ANDERSON	RAY SCHRECKENHAUST	
BRET HOAGLUND		
5. CRAIG HINRICHS	1:32.7	1978
STEVE SLAVIK	DAN KOLLES	
JEFF MILLER		

## 1600 METER RELAY

1. BRYCE DAILY (50.9) 3:22.7 1983  
CRAIG KRUPKE (50.8)  
RAY SCHRECKENGAUST (50.7)  
PAT CARR (50.3)
2. STEVE BRANT 3:24.9 1975  
GREGG SKUZA DARYL BOYD  
BRIAN KLEMZ
3. KEITH BARNIER 3:25.8 1982  
BRYCE DAILY  
RAY SCHRECKENGAUST PAT CARR
4. DAN KOLLES JEFF STONE 3:26.5 1978  
STEVE SLAVIK  
TOM WEINHOLD
5. DAN KOLLES 3:27.1 1978  
JEFF PIOTROWSKI  
JEFF STONE STEVE SLAVIK

## 3200 METER RELAY

1. DARYL BOYD (2:02) 8:09.8 1975  
GREGG SKUZA (2:01.2)  
BRIAN KLEMZ (2:04.2)  
STEVE BRANT (2:02.2)
2. JIM WALLACE 8:14.0 1984  
KEVIN JUNTUNEN  
ERIC NYSTROM PAUL LUTZ
3. ERIC NYSTROM 8:14.3 1983  
KEVIN JUNTUNEN  
PAT CARR BRYCE DAILY
4. DAN LEMMON RUSS GESCH 8:20.0 1979  
JEFF PIOTROWSKI  
TOM WEINHOLD
5. ROSS A ANDERSON 8:25.0 1972  
KEN ORWALL RON POULIOT  
KEVIN PALMER

## 6400 METER RELAY

1. DARYL BOYD (5:13) 19:24.6 1974  
MIKE ANDERSON (4:41)  
STEVE BRANT (4:47.6)  
WARREN HINKLE (4:43.2)
2. JAY JOHNSON 19:45.0 1985  
PAUL REIGHARD  
JAY PAULSEN DON TROMBLEY
3. AL TAKLE 19:47.5 1985  
DON TROMBLEY  
JAY PAULSEN MIKE JEANETTE
4. MIKE JEANETTE 19:51.0 1984  
PAUL REIGHARD  
JIM WALLACE ERIC NYSTROM
5. GREG BRANT MIKE SMIT 20:08.7 1972  
WARREN HINKLE  
MIKE ANDERSON

## 1600 METER SPRINT MEDLEY RELAY

1. BRUCE POWERS (24.2) 3:34.0 1975  
BRIAN KELMZ (23.1)  
DARYL BOYD (50.3)  
GREGG SKUZA (1:57.1)
2. MARK OLILLA PAUL LUTZ 3:34.5 1983  
PAT CARR BRYCE DAILY
3. PAT CARR 3:38.6 1982  
RAY SCHRECKENGAUST  
BRYCE DAILY STEVE BYE
4. DAN KOLLES JEFF STONE 3:38.9 1978  
STEVE SLAVIK  
JEFF PIOTROWSKI
5. STEVE SLAVIK DAN KOLLES 3:39.9 1978  
JEFF STONE  
JEFF PIOTROWSKI  
SCOTT FERRIAN 3:39.9 1984  
BRUCE NIERENHAUSEN  
ERIC NYSTROM BRYCE DAILY

## 4000 METER DISTANCE MEDLEY RELAY

1. KEVIN SCHOOLMEESTERS 11:06.3 1985  
(52.5) AL TAKLE (2:10.3)  
JIM WALLACE (3:20)  
MIKE JEANETTE (4:43.5)
2. JEFF HUDSON PAT CARR 11:19.1 1981  
ROGER DEHN STEVE BYE
3. DOUG MCNIFF 11:29.2 1985  
MARK NYSTROM  
JIM WALLACE MIKE JEANETTE
4. DON SETH TAAG EBERT 11:29.4 1985  
MARK LERUD DON TROMBLEY
5. PAUL LUTZ 11:37.1 1984  
KEVIN JUNTUNEN  
JIM WALLACE PAUL REIGHARD



**Dr. Keith M. Johnson**

**Dr. Sally E. Stout**

Elk River Clinic  
17260 Highway 10, N.W.  
Elk River, MN 55330  
(612) 441-7160



# ELK RIVER GIRLS VARSITY TRACK RECORDS

EVENT	NAME	TIME/DISTANCE	YEAR
100 DASH	JANA GESCH	12.2	1971
200 DASH	JANA GESCH	26.5	1971
	LAURIE MIDDLESTADT	26.5	1985
400 DASH	MARGE DONAHUE	60.3	1974
800 RUN	SALLY ANDERSON	2:25.2	1985
1 MILE RUN	CHERYL BUZEK	5:32.7	1981
1MILE RELAY	MARY MULVANEY KIM EBNER MARY JO DOANHUE MARGE DONAHUE	4:17.4	1977
2 MILE RUN	ANGIE BECK	12:26	1981
800 RELAY	WENDY WATZKE JODY JOHNSON KATHY SCWINN KRIS BARNIER	1:48.3	1977
2 MILE RELAY	JACKIE PRASKE DAWN KASPER MICHELLE MEHRER SALLY ANDERSON	10:28.5	1985
400 RELAY	JODY JOHNSON KYLE LILJA DONNA SCHNEIDER COLLEEN BARRETT	51.7	1975
100 HURDLES	MELISSA MOONEN	15.8	1985
300 HURDLES	MELISSA MOONEN	50.2	1985
HIGH JUMP	ANNE LOFTUS	5' 1"	1984
LONG JUMP	ANNE LOFTUS	16' 6 1/2"	1985
SHOT PUT	SUE KLEIN	36' 4 3/4"	1978
DISCUS	TAMI PIPENHAGEN	116' 6"	1981



ANNE LOFTUS

## RETURNING LETTER WINNERS

NAME	GRADE	EVENTS PARTICIPATED IN MORE THAN ONCE AND BEST PERFORMANCES.
LORI MIDDELSTADT	12	400 RELAY 100 DASH 12.5 200 DASH 26.5 800 RELAY 26.5 SPLIT 200 1600 RELAY 62.2 SPLIT 400 LONG JUMP 16' 4 3/4"
DORIE PETERSON	12	400 DASH 66.4 200 DASH 27.7 800 SPRINT MEDLEY 27.5 SPLIT 200 800 RELAY 26.5 SPLIT 200 1600 RELAY 63.0 SPLIT 400
MICHELLE MEHRER	12	400 DASH 66.4 1600 RELAY 65.0 SPLIT 400 3200 RELAY 2:39.4 SPLIT 800
NANCY COWLES	12	800 RUN 2:39.7 HIGH HURDLES 19.8 3200 RUN 13:44 1600 RELAY 72.8 SPLIT 400 3200 RELAY 2:45 SPLIT 800
BETH LOFTUS	12	1600 RUN 6:28 400 DASH 69.4 1600 RELAY 69.0 SPLIT 400 DISTANCE MEDLEY RELAY 70.1 SPLIT 400
JESSICA MILLER	11	400 68.3 200 29.2 1600 RELAY 66.6 SPLIT 400 3200 RELAY 2:52.4 SPLIT 800
ANNE LOFTUS	11	HIGH JUMP 5' 1" LONG JUMP 16' 6 1/2" 400 RELAY 200 28.4 800 RELAY 29.1 SPLIT 200
BECKY GROVEN	11	LONG JUMP 14' 2 3/4" 200 27.5 400 RELAY 800 RELAY 26.4 SPLIT 200 1600 RELAY 64.6 SPLIT 400
TERESA KRINKE	11	1600 RUN 5:58 3200 RUN 13:38 800 RUN 2:44 3200 RELAY 2:45 SPLIT 800
JACKIE PRASKE	11	1600 RUN 5:57.8 3200 RUN 14:39 800 RUN 2:34.9 3200 RELAY 2:34 SPLIT 800
DAWN KASPER	11	1600 RUN 6:00.6 3200 RUN 13:37 800 RUN 2:39 1600 RELAY 67.2 SPLIT 400 3200 RELAY 2:38 SPLIT 800
SALLY ANDERSON	10	800 RUN 2:25.2 1600 RUN 5:39 3200 RELAY 2:26 SPLIT 800 1600 RELAY 64.3 SPLIT 400

SOPHOMORE GIRLS  
ALL-TIME TRACK AND FIELD PERFORMANCES

100 DASH

1.	WENDY WATZKE	12.7	1976
	JENNINE LEFEBVRE	12.7	1982
2.	PAT MCLEAN	12.8	1978
3.	JODY JOHNSON	12.9	1975
4.	CINDY DONAHUE	13.1	1972
5.	HEIDI LUKKONEN	13.8	1985
6.	ANNE LOFTUS	14.0	1985

200 DASH

1.	COLLEEN BARRETT	27.0	1974
2.	CINDY DONAHUE	27.4	1972
3.	BECKY GROVEN	27.5	1985
4.	KATHY SCHWINN	27.6	1977
5.	JANET MADSEN	28.1	1984
6.	LAURA MICHLITSCH	28.2	1982
7.	HEIDI LUKKONEN	28.3	1985

400 DASH

1.	MARGE DONAHUE	62.6	1973
2.	KELLY ANDERSON	64.0	1982
3.	SHERRI MISKOWIC	66.0	1983
4.	JANE BIGELOW	66.1	1971
5.	LIZ CARON	67.0	1982
6.	JESSICA MILLER	68.5	1985
7.	HEIDI LUKKONEN	72.0	1985
8.	WENDY KIEL	79.7	1985

800 RUN

1.	SALLY ANDERSON	2:25.2	1985
2.	JACKIE PRASKE	2:34.9	1985
3.	DAWN KASPER	2:39.0	1985
4.	NANCY COWLES	2:39.7	1984
5.	DENISE LEMMON	2:40.4	1980
6.	MARY HYSER	2:41.3	1984
7.	LONDA COHRS	2:43.2	1984
8.	TERESA KRINKE	2:44.0	1985
9.	MICHELLE MEHRER	2:46.0	1984
10.	LISA PLUMMER	2:55.0	1985

1600 RUN

1.	SALLY ANDERSON	5:39.0	1985
2.	ANGIE BECK	5:55.9	1979
3.	JACKIE PRASKE	5:57.8	1985
4.	TERESA KRINKE	5:58.0	1985
5.	MARY HYSER	6:06.0	1984
6.	LISA PLUMMER	6:24.9	1985
7.	BETH LOFTUS	6:28.0	1983

3200 RUN

1.	CHERYL BUZEK	13:30.0	1979
2.	WENDE OLSON	13:37.0	1980
3.	DAWN KASPER	13:37.1	1985
4.	TERESA KRINKE	13:38.0	1985
5.	LISA PLUMMER	14:22.7	1985
6.	HELEN NELSON	14:39.0	1985
	JACKIE PRASKE	14:39.0	1985

100 HURDLES

1.	CYAN SCHRADER	16.1	1981
2.	MELISSA MOONEN	16.7	1983
3.	DONNA BEHL	16.8	1979
4.	LUANN BARSODY	18.7	1985
5.	HEIDI LUKKONEN	19.3	1985

300 HURDLES

1.	LUANN BARSODY	53.4	1985
	HEIDI LUKKONEN	53.4	1985
2.	LISA MORAN	56.4	1985

SHOTPUT

1.	TAMI PIPENHAGEN	32' 11"	1979
2.	KORYN BECKLIN	32' 10"	1977
3.	CONNIE BECKLIN	30' 4 3/4"	1973
4.	LUANN BARSODY	30'	1985

DISCUS

1.	TAMI PIPENHAGEN	98' 10"	1979
2.	LENA THOMPSON	88' 1"	1983
3.	LAURA GILDEMEISTER	82' 7"	1983

HIGH JUMP

1.	ANNIE LOFTUS	5' 1"	1984
2.	JENNINE LEFEBVRE	5' 0"	1982
	KIM WENDT	5' 0"	1982
	LISA BRADWAY	5' 0"	1982
3.	KIM LEFEBVRE	4' 10"	1975
	MARY MCNAIR	4' 10"	1975

LONG JUMP

1.	ANNIE LOFTUS	16' 6 1/2"	1984
2.	JENNINE LEFEBVRE	16' 4"	1982
3.	MARGE DONAHUE	15' 9"	1972
	JILL HIRT	15' 9"	1977
4.	PAT MCLEAN	15' 7"	1977
5.	TERESA JENNE	15' 6"	1977
	DEB STOLTE	15' 6"	1985

PAST STATE TRACK ENTRANTS

1956	DISCUS	ROLLIE HANKS		
1956	100 YARD DASH	LLOYD GRAY		
1956	220 YARD DASH	LLOYD GRAY		
1956	1 MILE RUN	DAVE STADDEN		
1956	880 YARD RELAY	LLOYD GRAY ROLLIE HANKS GENE SELTON PAUL EBNER		
1964	880 YARD RUN	WALT MALMSTROM		
1965	1 MILE RELAY	CARL DEHARS WALT MALMSTROM DICK LENZ JOHN MACINTYRE		
1965	880 YARD RUN	WALT MALMSTROM	1:54.0	3RD
1965	POLE VAULT	JOHN MACINTYRE		
1971	LONG JUMP	FRANK KOPETKA	21' 9 1/2"	5TH
1971	100 YARD DASH	MIKE LEFEBVRE		
1972	SOFTBALL THROW	KATHY SURVIS		
1972	SHOTPUT	KATHY SURVIS		
1972	SOFTBALL THROW	JAYNE EULL		
1972	880 YARD RUN	CINDI DONAHUE		
1972	440 YARD RELAY	MARY HOEBELHINRICH DEB DUGGAN DIANE PETERSON CINDI DONAHUE		
1973	440 YARD RUN	MARGE DONAHUE	62.9	
1973	SOFTBALL THROW	DAWN JOHNSON	201' 0"	
1973	HIGH HURDLES	STEVE SMIT		
1973	LOW HURDLES	STEVE SMIT		
1973	HIGH HURDLES	JEFF HAWKINS	15.3	1ST
1973	LOW HURDLES	JEFF HAWKINS	21.6	3RD
1974	SHOTPUT	DAN REEMTS		
1974	HIGH HURDLES	STEVE SMIT	14.8	2ND
1974	LOW HURDLES	STEVE SMIT		
1974	LONG JUMP	STEVE SMIT	21' 9 3/4"	2ND
1974	HIGH HURDLES	JEFF HAWKINS	14.6	1ST
1974	100 YARD DASH	JEFF HAWKINS		
1974	LOW HURDLES	JEFF HAWKINS	19.8	1ST
1975	880 YARD RUN	STEVE BRANT		
1975	SPRINT MEDLEY RELAY	BRIAN KLEMZ DARYL BOYD	3:39.0	4TH
		BRUCE POWERS GREGG SKIZA		
		STEVE BRANT DARYL BOYD	3:30.0	4TH
		GREGG SKIZA BRIAN KLEMZ		
1976	DISCUS	PAUL ZABEE	159' 8"	3RD
1978	220 YARD DASH	JEFF MILLER		
1978	HIGH HURDLES	RICK STEBLAY	15.3	5TH
1979	HIGH HURDLES	RICK STEBLAY	14.7	2ND
1979	INTERMEDIATE HURDLES	RICK STEBLAY	39.2	1ST
1979	220 YARD DASH	RICK STEBLAY	22.7	
1980	LONG JUMP	MIKE DONAHUE	21' 1 1/2"	7TH
1981	LONG JUMP	MIKE DONAHUE	21' 8"	7TH
1981	INTERMEDIATE HURDLES	KEITH BARNIER	41.5	
1981	400 RELAY	MIKE DONAHUE RAY SCHRECKENHAUST	44.0	5TH
		BRET HOAGLUND LANCE HOAGLUND		
1982	INTERMEDIATE HURDLES	KEITH BARNIER	40.2	
1982	400 METER RUN	PAT CARR	51.5	
1982	200 METER DASH	BRET HOAGLUND	22.5	
1982	LONG JUMP	RAY SCHRECKENHAUST	22' 3"	6TH
1983	LONG JUMP	RAY SCHRECKENHAUST		
1983	200 METER DASH	RAY SCHRECKENHAUST	23.4	7TH
1983	HIGH HURDLES	CRAIG KRUPKE	15.7	
1983	INTERMEDIATE HURDLES	CRAIG KRUPKE	39.9	8TH
1983	HIGH JUMP	JEFF J SMITH	6' 3"	
1983	400 METER RUN	BRYCE DAILY	50.1	7TH
1983	SPRINT MEDLEY RELAY	BRYCE DAILY PAT CARR	8:43.3	
		RAY SCHRECKENHAUST ERIC NYSTRON		
		CRAIG KRUPKE BRYCE DAILY	3:22.9	1ST
1983	1600 METER RELAY	RAY SCHRECKENHAUST PAT CARR		
		ALTERNATES-PAUL LUTZ MARK OLLILA		
1983	SPRINT MEDLEY RELAY	CRAIG KRUPKE	14.7	3RD
1984	HIGH HURDLES	CRAIG KRUPKE	39.8	6TH
1984	INTERMEDIATE HURDLES			
1984	HIGH JUMP	JEFF J SMITH	6' 2"	
1984	POLE VAULT	JEFF J SMITH	12' 6"	
1984	TRIPLE JUMP	CRAIG OTTO	42' 11"	
1984	TRIPLE JUMP	LEE OLMSTED	42' 11"	
1985	DISCUS	GREG PAFFEL	141' 3"	10TH



Get a  
Head Start  
on your  
Competition

3200 RELAY

1. RUSS GESCH 2:09.2 8:42.1 1977  
TOM WEINHOLD 2:07.3  
SHAUN FRIEDRICH 2:11.2  
DAN LEMMON 2:14.4
2. DON TROMBLEY 8:44.3 1985  
AL TAKLE  
TAAG EBERT MARK NYSTROM
3. MARK LERUD 8:49.8 1985  
TAAG EBERT  
MARK NYSTROM AL TAKLE
4. DON TROMBLEY 8:49.9 1985  
TAAG EBERT  
MARK LERUD MARK NYSTROM
5. BRIAN KLEMZ 8:54.6 1973  
KEVIN MULVANEY  
LARRY CHRISTENSEN STEVE BRANT

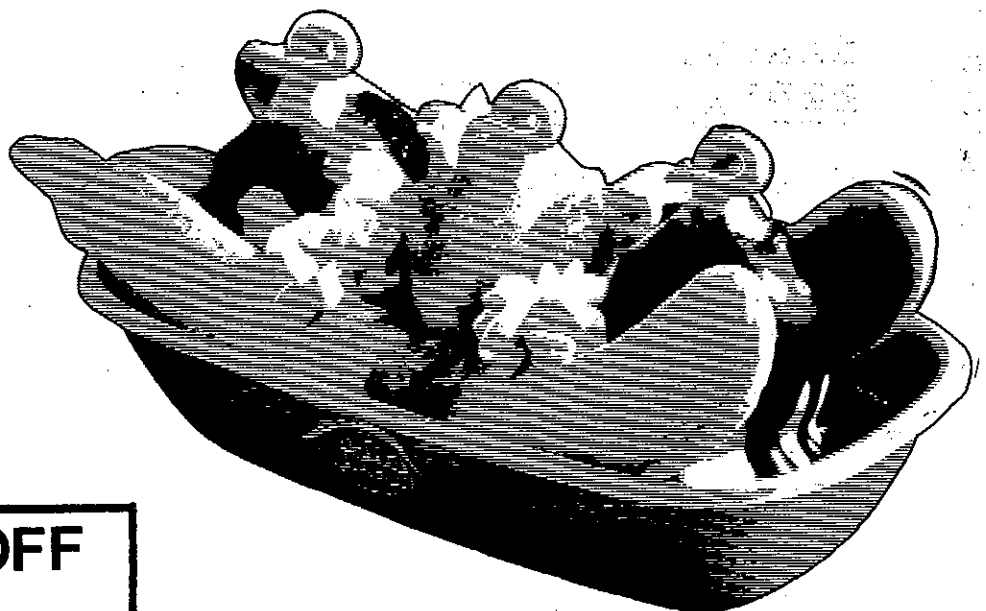
4000 DISTANCE MEDLEY RELAY

1. DON SETH 57.0 11:29.4 1985  
TAAG EBERT 2:10  
MARK LERUD 3:33.4  
DON TROMBLEY 4:48
2. TOM EARL 11:45.5 1982  
KEVIN JUNTUNEN  
JIM WALLACE ERIC NYSTROM
3. DAVE BARSODY 12:08.3 1980  
TOM MICHLITSCH  
DUANE SMITH STEVE BYE

6400 RELAY

1. JIM WALLACE 5:06 20:53.0 1982  
ERIC NYSTROM 5:11  
TOM EARL 5:19  
KEVIN JUNTUNEN 5:17
2. RANDY THOMPSON 21:05.0 1982  
TOM EARL  
ERIC NYSTROM KEVIN JUNTUNEN
3. STEVE BRANT 21:11.1 1973  
DAVE LEMMON  
RANDY SCHRECKENGAUST MIKE TOKAR

ELK RIVER



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**GOOD LUCK  
TRACK TEAM**

# 1985 GIRLS NORTH SUBURBAN CONFERENCE MEET RESULTS

<p><b>LONG JUMP</b></p> <ol style="list-style-type: none"> <li>Sarah Dupslaff FL 17' 4 1/2"</li> <li>Lori Mittelstadt ER 16' 4 3/4"</li> <li>Tammy Schaller CR 15' 11"</li> <li>Kari Altringer An 15' 10"</li> <li>Kelly Ziniel K 15' 9"</li> <li>Donna Ascher An 15' 1 1/2"</li> </ol>	<p><b>DISCUS</b></p> <ol style="list-style-type: none"> <li>Karla Guimont CR 115' 5"</li> <li>Janet Sweeley I 115' 3"</li> <li>Lori Adderly MW 112' 5"</li> <li>Lori DesRoches An 112' 4"</li> <li>Angie White I 101' 5"</li> <li>Rosalie Able B 101' 5"</li> </ol>	<p><b>3200 RUN</b></p> <ol style="list-style-type: none"> <li>Kim Kauls FL 11:14.3*</li> <li>Cara Daniels An 11:22.1</li> <li>Steph Olson An 11:39.2</li> <li>Michelle Moore I 11:39.3</li> <li>Melanie Sosniecki MW 11:51.5</li> <li>Chris Carlson MW 12:04.2</li> </ol>	<p><b>3200 RELAY</b></p> <ol style="list-style-type: none"> <li>Moundsview 9:52.2</li> <li>Kellogg 9:53.7</li> <li>Ramsey 9:59.1</li> <li>Coon Rapids 10:05.5</li> <li>Anoka 10:11</li> <li>Irondale 10:13.1</li> </ol>
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<p><b>100 Hurdles</b></p> <ol style="list-style-type: none"> <li>Brenda Janish CR 15.3</li> <li>Jennie Fruin I 15.8</li> <li>Jackie Esteb CR 16.1</li> <li>Melissa Moonen ER 16.5</li> <li>Steph Dahle R 17.2</li> <li>Sonja Tomoen I 17.2</li> </ol>	<p><b>100 DASH</b></p> <ol style="list-style-type: none"> <li>Ann Kicker CR 12.3</li> <li>Nancy Golie I 12.5</li> <li>Peggy Warkel R 12.8</li> <li>Lori Mittelstadt ER 12.9</li> <li>Sara Dupslaff FL 13.1</li> <li>Sheri Miskowic ER 13.2</li> </ol>	<p><b>1600 RUN</b></p> <ol style="list-style-type: none"> <li>Kim Kauls FL 5:09.7</li> <li>Cara Daniels An 5:12.6</li> <li>Terri Brost CR 5:17.5</li> <li>Andrea Vogel MW 5:19.5</li> <li>Michele Moore I 5:26.6</li> <li>Karen Pick R 5:30.2</li> </ol>	<p><b>800 RELAY</b></p> <ol style="list-style-type: none"> <li>Coon Rapids 1:46.0</li> <li>Forest Lake 1:46.8</li> <li>Ramsey 1:47.7</li> <li>Spring Lake Park 1:47.8</li> <li>Kellogg 1:48.9</li> <li>Anoka 1:49.6</li> </ol>
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<p><b>HIGH JUMP</b></p> <ol style="list-style-type: none"> <li>Robyn Hackbarth K 5' 3"</li> <li>Jodi Stewart CR 5' 2"</li> <li>Pauline Fennen An 5' 1"</li> <li>Jody Jopp B 5' 0"</li> <li>Jodi Gruba FL 5' 0"</li> <li>Christel Pettit An 4' 10"</li> </ol>	<p><b>400 DASH</b></p> <ol style="list-style-type: none"> <li>Nancy Golie I 57.4</li> <li>Brenda Vogel SLP 59.6</li> <li>Melinda King SLP 60.3</li> <li>Jenny Cota An 60.6</li> <li>Carrie Romano SLP 61.4</li> <li>Lisa LaMere FL 62.0</li> </ol>	<p><b>800 RUN</b></p> <ol style="list-style-type: none"> <li>Lynn Chesney CR 2:25.0</li> <li>Tracy Anderson K 2:25.7</li> <li>Pam Parent MW 2:25.7</li> <li>Sally Anderson ER 2:25.8</li> <li>Maria Husnick MW 2:27.3</li> <li>Tanya Cornelius A 2:29.3</li> </ol>	<p><b>400 RELAY</b></p> <ol style="list-style-type: none"> <li>Coon Rapids 49.7</li> <li>Moundsview 50.2</li> <li>Ramsey 51.5</li> <li>Irondale 51.5</li> <li>Forest Lake 51.6</li> <li>Elk River 53.2</li> </ol>
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<p><b>SHOT PUT</b></p> <ol style="list-style-type: none"> <li>Lori DesRoches An 38' 9/16"</li> <li>Andrea Pino R 37' 5/16"</li> <li>Janey Sweeley I 34' 5/16"</li> <li>Cheryl Roberts CR 34' 1"</li> <li>Kris Haugo I 34' 0"</li> <li>Rosalie Abel B 33' 11"</li> </ol>	<p><b>200 DASH</b></p> <ol style="list-style-type: none"> <li>Nancy Golie I 25.3</li> <li>Janet Cullen CR 26.1</li> <li>Cathy Kleiman B 26.1</li> <li>Peggy Warkel R 26.2</li> <li>Sara Dupslaff FI 26.4</li> <li>Jenny Cota An 26.5</li> </ol>	<p><b>300 HURDLES</b></p> <ol style="list-style-type: none"> <li>Denise Krohn I 47.3</li> <li>Jennie Fruin I 47.8</li> <li>Kim Gardner An 47.8</li> <li>Sonja Tomoen I 48.3</li> <li>Debbie Thill R 48.3</li> <li>Brenda Janish CR 48.9</li> </ol>	<p><b>1600 RELAY</b></p> <ol style="list-style-type: none"> <li>Spring Lake Park 4:06.8</li> <li>Kellogg 4:07.0</li> <li>Moundsview 4:08.2</li> <li>Coon Rapids 4:12.6</li> <li>Blaine 4:13.2</li> <li>Irondale 4:13.4</li> </ol>
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**FINAL TEAM STANDINGS**

1. Coon Rapids	107	5. Moundsview	45	6. Ramsey	41
7. Kellogg	38	10. Blaine	14 1/2	11. Columbia Heights	0
2. Irondale	88 1/2	4. Forest Lake	47	12. Fridley	0
8. S Lake Park	30	10. Blaine	14 1/2		
3. Anoka	63				
9. Elk River	22				

\*1985 BOYS NORTH SUBURBAN CONFERENCE MEET RESULTS\*

<b>POLE VAULT</b>	<b>HIGH JUMP</b>	<b>3200 RUN</b>	<b>3200 RELAY</b>
1. John Amrhein FI 13' 1/2"	1. Mike Berndt B 6' 7"	1. Jeff Taylor MW 9:04.6	1. Irondale 8:09.0
2. Dan Zahler ER 13' 1/2"	2. Dan Erickson I 6' 2"	2. Keith Eidman R 9:45.7	2. Ramsey 8:15.4
3. Eric Olson CH 12' 6"	2. Scott Hedstrom CH 6' 2"	3. Rex Taylor MW 9:47.8	3. Moundsview 8:16.2
4. Keith Kellner CR 12' 0"	4. George Harvey FL 6' 2"	4. Tim Foster K 9:51.6	4. Kellogg 8:16.8
5. Jim Johnson K 11' 6"	5. Joel Gilbertson R 6' 0"	5. Wayne Rife B 9:53.7	5. Coon Rapids 8:23.6
5. John Ostergren MW 11' 6"	6. Greg Linland CR 6' 0"	6. Bob Seidenkrans I 9:55.7	6. Blaine 8:24.2
	6. Jack Judy R 6' 0"		

<b>SHOT PUT</b>	<b>TRIPLE JUMP</b>	<b>1600 RUN</b>	<b>SPRINT MEDLEY RELAY</b>
1. John Zollinger K 57' 4 1/4"	1. Mark Stewart MW 45' 7 3/4"	1. Glen Anderson MW 4:22.2	1. Blaine 3:34.6
2. Kevin Oleen B 53' 1 1/4"	2. Mike Murphy K 43' 8 1/2"	2. Chris Bernard An 4:28.0	2. Forest Lake 3:36.4
3. Greg Paffel ER 51' 4 3/4"	3. Jeff Esler B 43' 6 1/2"	3. Rick Jones MW 4:28.8	3. Moundsview 3:38.0
4. Jim Zollinger K 50' 6 1/2"	4. Bob Cich SLP 43' 6 1/4"	4. Scott Andre R 4:29.5	4. Ramsey 3:38.6
5. Pete Omiel R 50' 4 3/4"	5. Stacy Hebb FI 41' 9 3/4"	5. Pat Soli SLP 4:35.7	5. Elk River 3:40.0
6. Kevin Froehlich An 48' 11"	6. Vu Le R 41' 3 3/4"	6. Brian Ochocki I 4:39.1	6. Columbia Heights 3:43.6

<b>LONG JUMP</b>	<b>DISCUS</b>	<b>800 RUN</b>	<b>400 RELAY</b>
1. Brian Trombley An 22' 1 1/2"	1. John Zollinger K 170' 7"	1. Rich Forester FI 1:57.3	1. Anoka 43.0
2. Bob Cich SLP 21' 6"	2. Kevin Oleen B 161' 7"	2. Ben Osmond I 1:58.5	2. Coon Rapids 43.2
3. Jeff Esler B 21' 5"	3. Jim Zollinger K 158' 9"	3. Paul Wiehe K 1:58.9	3. Forest Lake 43.3
4. Frank Beliner R 20' 9"	4. Peder Knutson MW 152' 0"	4. Brian Fitzgerald R 1:59.6	4. Ramsey 43.3
5. Cisco Bal'icao B 20' 6"	5. Jeff Pietrini I 145' 7"	5. John Frank I 2:00.2	5. Spring Lake Park 44.7
6. Mike Singer F 20' 5 1/4"	6. Greg Paffel ER 144' 3"	6. Jim Wallace ER 2:00.8	6. Moundsview 45.3

<b>100 HURDLES</b>	<b>100 DASH</b>	<b>200 DASH</b>	<b>800 RELAY</b>
1. Mike Severin MW 15.0	1. Mike Murphy K 10.8*	1. Mike Murphy K 22.2	1. Columbia Heights 1:32.1
2. Dallas Kaiser CR 15.1	2. Jeff Pommier FI 11.0	2. Jeff Pommier FI 22.5	2. Moundsview 1:32.3
3. Mark Stewart MW 15.1	3. Paul Hamilton CR 11.2	3. Paul Hamilton CR 22.5	3. Forest Lake 1:32.7
4. Tom Blake I 15.1	4. Gary Treattel MW 11.2	4. Frank Beliner R 22.8	4. Anoka 1:33.7
5. Scott Hedstrom CH 15.4	5. Mark Peplinski R 11.3	5. Troy Colberg FI 23.2	5. Elk River 1:34.6
6. Joe Childers FI 15.6	6. Kurt Hopson F 11.4	6. Brian Trombley An 23.2	6. Coon Rapids 1:35.0

<b>400 RUN</b>	<b>1600 RELAY</b>	<b>300 INTERMEDIATE HURDLES</b>	<b>FINAL TEAM STANDINGS</b>
1. Mike Murphy K 49.1	1. Blaine 3:42.2	1. Dallas Kaiser CR 39.0	1. Moundsview 115 1/2
2. Kevin Schoolmeesters ER 50.7	2. Forest Lake 3:27.7	2. Mike Severin MW 39.7	2. Forest Lake 87
3. Joe Krekelberg B 50.7	3. Moundsview 3:28.0	3. Russ Mark R 40.2	3. Kellogg 85 1/2
4. Jamie Shea Ch 51.1	4. Ramsey 3:28.2	4. Frank Beliner R 40.4	4. Blaine 79
5. Kurt Hopson F 51.3	5. Spring Lake Park 3:32.7	5. Mark Breyen CR 41.0	5. Coon Rapids 52 1/2
6. John Hadrath CH 51.3	6. Irondale 3:33.1	6. Randy McGregor F 41.1	6. Coon Rapids 52 1/2

Standings cont.: 7. Irondale 41 8. Anoka 41 9. Columbia Heights 36 10. Elk River 30 11. SLP 20 12. Fridley 5

## 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 will 6-4-3-2-1 or 5-3-1.
- Placing in the top 6 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 that are 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. 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 2 meets. On the 3rd unexcused practice the athlete will be asked to turn in their 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 one of the assistant coaches: Mrs Holmgren or Mr. Sagan at the Senior High or Sue Mensen at Salk.



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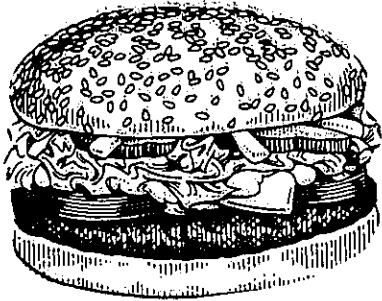


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