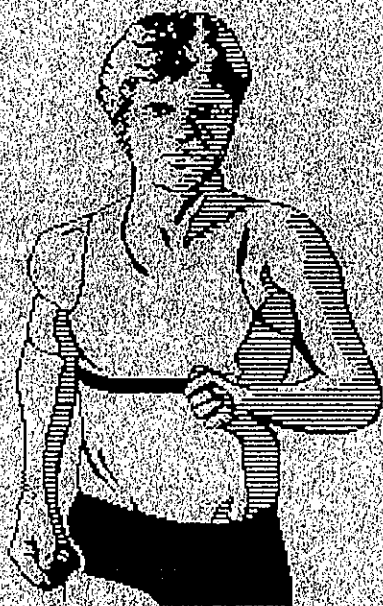


ELK RIVER
CO-ED
TRACK & FIELD
1987



1987

This booklet is dedicated to Rollie Ring-Jarvi Head Boys coach
1977-1984 and Head Co-ed coach 1985-1986.

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 ½ 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 9½in, 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 Piccolo.

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 to 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 main 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 Lakes Conference. It was a tough conference. Sue Klein broke the school shot put record and Jan Meade the 100 Hurdles 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 Reernts. 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 Reernts 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 Klenz and Steve Brant broke school records in the 2 Mile Relay (8:12) and the 1 Mile Relay (3:26). Bruce Powers, Brian Klenz, 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 Mehrner, 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.

The Elks broke 3 Sophomore and 3 Varsity School records in 1986 and had one of their best ever finishes in the Region IV AA meet. Even though a lot of girls did not stay with the team, the girls had a very good year. Also for the first time in many years the Elks had

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

the Long Jump, Keith Barnier in the Intermediate Hurdle 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 1985 season should find the Elks moving up in the Conference standings.

girls cont:

a Conference Champion in Anne Loftus who won the High Hurdles. All but one of the Elks should be back in 87 which looks very optimistic.

boys cont:

The Elks broke 5 Sophomore and 2 Varsity School records in 1986 and topped it off with Greg Paffel being crowned State Champion in the Discus. The boys team was also a very young team. They had their best finish ever in the North Suburban Conference and did well in the Region IV AA meet. With all the people that should be returning in next year, 1987 looks optimistic.

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**Good Luck
Elks!**

1987 ELK RIVER CO-ED TRACK AND FIELD SCHEDULE

SATURDAY	March 21	Girls & Boys	University of Minn Outstate	All-day
SATURDAY	March 28	Girls & Boys	Conference Indoor Relays at Bethel	8:45 Girls 1:00 Boys
SATURDAY	April 4	Girls	Conference Relays Outdoors at Ramsey	A.M.
TUESDAY	April 7	Girls & Boys	Totino-Grace Hill-Murray at Elk R.	4:00
THURSDAY	April 9	Girls & Boys	Elk River at Monticello	4:00
SATURDAY	April 11	Boys	Conference Relays Outdoors at E.R.	11:00
TUESDAY	April 14	Boys	St. Paul Park Invitational	3:00
TUESDAY	April 21	Girls & Boys	Rocori at Elk River	4:15
THURSDAY	April 23	Girls & Boys	Blaine at Elk River	3:30
TUESDAY	April 28	Boys & Girls	St. Cloud Tech at Elk River	4:00
THURSDAY	April 30	Boys	Elk River at Coon Rapids	4:00
FRIDAY	May 1	Girls	Filly Classic at Stillwater	5:00
TUESDAY	May 5	Girls	Anoka and Coon Rapids at E. River	3:30
THURSDAY	May 7	Boys	Coon Rapids Invitational	4:30
SATURDAY	May 9	Boys & Girls	Section True Team meet at E. River	11:00
THURSDAY	May 14	Boys & Girls	Irondale & S. Lake Park at E. River	3:30
TUESDAY	May 19	Boys & Girls	Conference Pre-lims ???????	
THURSDAY	May 21	Boys & Girls	Conference Finals at Elk River ???	
THURSDAY	May 28	Boys & Girls	Region IV AA Pre-lims at Stillwater	
SATURDAY	May 30	Boys & Girls	Region IV AA Finals at Stillwater	
FRIDAY	May 5	Boys & Girls	State Track Meet at Osseo	
SATURDAY	May 6	Boys & Girls	State Track Meet at Osseo	

ELK RIVER SOPHOMORE BOYS
TRACK AND FIELD RECORDS

ELK RIVER SOPHOMORE GIRLS
TRACK AND FIELD RECORDS

EVENT	NAME	TIME OR DISTANCE	YEAR	EVENT	NAME	TIME OR DISTANCE	YEAR
100 DASH	DAUNE LAKODUK	11.4	1972	100 DASH	WENDY WATZKE	12.7	1976
200 DASH	BRET HOBLUND	22.7	1980	200 DASH	COLLEEN BARRETT	27.0	1974
400 DASH	MIKE ERICKSON	51.1	1986	400 DASH	MARGE DONAHUE	62.6	1973
800 RUN	TOM WEINHOLD	2:04.3	1977	800 RUN	SALLY ANDERSON	2:25.2	1985
1-MILE RUN	JAY PAULSEN	4:36.7	1986	1 MILE RUN	SALLY ANDERSON	5:39.0	1985
1 MILE RELAY	JEFF PIDTROSKI GREG WEBER TOM WEINHOLD STEVE SLAVIK	3:32.9	1977	1 MILE RELAY		4:20.9	1982
2 MILE RUN	JAY PAULSEN	10:02.7	1986	2 MILE RUN	CHERYL GUZEK	13:30.0	1979
2 MILE RELAY	RUSS GESCH TOM WEINHOLD SHAUN FRIEDRICH DAN LENNON	8:42.1	1977	800 RELAY	DARLA PINEUR JONIE STARK TERESA STAHLMANN KRIS KNUTSON	1:55.3	1986
800 RELAY	DAVE TULKKI MIKE ERICKSON DEAN HEMMELGARN JEFF SMITH	1:35.0	1986	400 RELAY	JENNINE LEFEBVRE TANYA CARR KELLY ANDERSON JACKIE FOSTER	54.5	1982
400 RELAY	TODD OSBORNE SCOTT DOEBLER TERRY OSTERMAN BUDDY ROBINSON	46.4	1985	100 HURDLES	CYAN SCHRADER	16.1	1981
SPRINT MEDLEY RELAY	DAVE TULKKI DEAN HEMMELGARN MIKE ERICKSON JAY PAULSEN	3:43.5	1986	300 HURDLES	CYNDE OLSEN	50.7	1986
HIGH HURDLES	JEFF HANKINS	15.0	1972	HIGH JUMP	ANNE LOFTUS	5' 1"	1984
INTERMEDIATE HURDLES	RICK STEBLAY KEITH BARNIER	15.0 41.2	1977	LONG JUMP	ANNE LOFTUS	16' 6 1/2"	1985
0 MILE RELAY	CRAIG KRUPKE JAMES WALLACE TOM EARL KEVIN JUNTUNEN ERIC NYSTROM	41.2 20:53.0	1982	SHOT PUT	SHELLY SHOTLIFF	34' 2 1/2"	1986
DISTANCE MEDLEY RELAY	DON SETH TAAG EBERT MARK LERUD DON TROMBLEY	11:29.4	1985	DISCUS	TAMI PIPENHAGEN	98' 10"	1979
HIGH JUMP	JEFF J SMITH	6' 1"	1982				
LONG JUMP	RAY SCHRECKENBRAUST	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 BOYS
VARSITY TRACK AND FIELD RECORDS

EVENT	NAME	TIME/DISTANCE	YEAR
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 SCHRECKENGAUST 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 SCHRECKENGAUST BRET HOAGLUND MIKE DONAHUE LANCE HOAGLUND	43.6	1981
SPRINT MEDLEY RELAY	BRUCE POWERS BRIAN KLEMZ DARYL BOYD GREGG SKUZA	3:34.0	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	GREG PAFFEL	54' 9 3/4"	1986
DISCUS	GREG PAFFEL	166' 10"	1986

ELK RIVER GIRLS
 VARSITY TRACK AND FIELD RECORDS

EVENT	NAME	TIME/DISTANCE	YEAR
100 DASH	JANA GESCH	12.2	1971
200 DASH	LORI MIDDELSTADT	26.4	1986
400 DASH	MARGE DONAHUE	60.3	1974
800 RUN	SALLY ANDERSON	2:25.2	1985
1 MILE RUN	CHERYL GUZEK	5:32.7	1981
1MILE RELAY	MARY MULVANEY KIM EBNER MARY JO DOANHUE MARGE DONAHUE	4:17.4	1977
2 MILE RUN	ANGIE BECK	12:26.0	1981
800 RELAY	WENDY WATZKE JODY JOHNSON KATHY SCHWINN KRIS BARNIER	1:48.3	1977
2 MILE RELAY	JACKIE PRASKE DAWN KASPER CINDE OLSEN SALLY ANDERSON	10:19.9	1986
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' 4"	1986
LONG JUMP	LORI MIDDELSTADT	16' 10 1/2"	1986
SHOT PUT	SUE KLEIN	36' 4 3/4"	1978
DISCUS	TAMI PIPENHAGEN	116' 6"	1981



CINDE OLSEN

PAST STATE TRACK AND FIELD ENTRANTS

1956	BISCUIS	ROLLIE HANKS							
1956	100 YARD DASH	LLOYD GRAY							
	220 YARD DASH	LLOYD GRAY							
1956	1 MILE RUN	DAVE STADDER							
1956	880 YARD RELAY	LLOYD GRAY ROLLIE HANKS GENE BELLON PAUL ERNER							
1964	880 YARD RUN	WALT MALMSTROM							
1965	1 MILE RELAY	CARL DENARS WALT MALMSTROM DICK LENZ JOHN MACINTYRE							
1965	880 YARD RUN	WALT MALMSTROM							
1965	POLE VAULT	JOHN MACINTYRE	1:54.0	3RD					
1971	LONG JUMP	FRANK KOPEKA	21' 9 1/2"	5TH					
1971	100 YARD DASH	MIKE LEFEBVRE							
1972	SOFTBALL THROW	KATHY SURVIS							
	SHOTPUT	KATHY SURVIS							
1972	SOFTBALL THROW	JAYNE EULL							
1972	880 YARD RUN	CINDI DONAHUE							
1972	440 RELAY	MARY HOEBELHNRICH DEB DUBBAN DIANE PETERSON CINDI DONAHUE							
1973	440 YARD RUN	MARGE DONAHUE	62.9						
1973	SOFTBALL THROW	DAWN JOHNSON	201'						
1973	HIGH HURDLES	STEVE SHIT							
	LONG JUMP	STEVE SHIT							
1973	HIGH HURDLES	JEFF HANKINS	15.3	1ST					
	LOW HURDLES	JEFF HANKINS	21.6	3RD					
1974	SHOTPUT	DAN REERTS	14.8	2ND					
1974	HIGH HURDLES	STEVE SHIT	21' 9 3/4"	2ND					
	LOW HURDLES	STEVE SHIT	14.6	1ST					
1974	LONG JUMP	STEVE SHIT	19.8	1ST					
1974	HIGH HURDLES	JEFF HANKINS							
	100 YARD DASH	JEFF HANKINS							
	LOW HURDLES	JEFF HANKINS							
1975	880 YARD RUN	STEVE BRANT	3:39.0	4TH					
1975	SPRINT MEDLEY RELAY	BRYAN KLENZ DARYL BOYD BRUCE POWERS GREGG SKUZA	3:30.0	4TH					
1975	1 MILE RELAY	STEVE BRANT DARYL BOYD GREGG SKUZA BRIAN KLENZ	159' 8"	3RD					
1976	DISCUS	PAUL ZABEE							
1978	220 YARD DASH	JEFF MILLER	15.3	5TH					
1978	HIGH HURDLES	RICK STEBLAY	14.7	2ND					
1979	HIGH HURDLES	RICK STEBLAY	39.2	1ST					
	INTERMEDIATE HURDLES	RICK STEBLAY	22.7						
	220 YARD DASH	RICK STEBLAY	21' 1 1/2"	7TH					
1980	LONG JUMP	MIKE DONAHUE	21' 8"	7TH					
1981	LONG JUMP	MIKE DONAHUE	41.5						
1981	INTERMEDIATE HURDLES	KEITH BARNIER							
1981	400 RELAY	MIKE DONAHUE RAY SCHRECKENGAUST BRET HOAGLUND LANCE HOAGLUND	44.0	5TH					
1982	INTERMEDIATE HURDLES	KEITH BARNIER	40.2						
1982	400 METER RUN	PAT CARR	51.5						
1982	200 METER RUN	BRET HOAGLUND	22.5						
1982	LONG JUMP	RAY SCHRECKENGAUST	22' 3"	6TH					
1983	LONG JUMP	RAY SCHRECKENGAUST							
	200 METER DASH	RAY SCHRECKENGAUST	23.4	7TH					
1983	HIGH HURDLES	CRAIG KRUPKE	15.7						
	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	3:43.3						
1983	1600 METER RELAY	RAY SCHRECKENGAUST ERIC NYSTROM CRAIG KRUPKE BRYCE DAILY	3:22.9	1ST					
1983	SPRINT MEDLEY RELAY	RAY SCHRECKENGAUST PAT CARR ALTERNATES-PAUL LUTZ & MARK OLLILA	14.7	3RD					
1984	HIGH HURDLES	CRAIG KRUPKE	39.8	6TH					
1984	HIGH JUMP	CRAIG KRUPKE	6' 2"						
	POLE VAULT	JEFF J SMITH	12' 6"						
1984	TRIPLE JUMP	JEFF J SMITH	42' 11"						
1984	TRIPLE JUMP	CRAIG OTTO	42' 11"						
1985	DISCUS	LEE OLMSTED	141' 3"	10TH					
1986	DISCUS	GREG PAFFEL	166' 10"	1ST					
1986	SHOTPUT	GREG PAFFEL	54' 7 1/2"	4TH					

BOYS VARSITY ALL-TIME TRACK AND FIELD PERFORMANCES

100 DASH

1. MIKE LEBEVRE 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 1958
- BRAD BRUFA 11.1 1976
- CLINT LEBER 11.1 1978
- LANCE HOAGLUND 11.1 1981
4. LEO CAREY 11.2 1980
- 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 22.4 1980
- PAT CARR 22.6 1983
4. JEFF MILLER 22.7 1978
- RICK STEBLAY 22.9 1979
5. BRYCE DAILY 22.7 1984
6. DUANE LAKODUK 23.1 1973
- DANE MATTON 23.2 1970
- MIKE DELEDUKA 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. MIKE ERICKSON 51.1 1986
6. GREG SKUZA 51.2 1975
- PAUL LUTZ 51.2 1984
7. WALT MALMSTROM 51.6 1966
- RAY SCHRECKENSHAUST 51.6 1983
8. GREG WEBER 51.7 1979
10. MARK NYSTROM 51.7 1979

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. JOE SCHENK 2:00.3 1986
6. JIM WALLACE 2:00.8 1985
7. KEVIN PALMER 2:01.1 1972
8. MIKE KLENZ 2:01.3 1973
9. RUSS GESCH 2:02.3 1978
10. MARK NYSTROM 2:02.7 1986

1600 RUN

1. ROSS A ANDERSON 4:28.8 1971
2. WARREN HINKLE 4:34.1 1974
3. DARYL BAYD 4:36.6 1975
4. JAY PAULSEN 4:36.7 1986
5. DAN LENNON 4:38.0 1979
6. GREG SKUZA 4:38.9 1975
7. JIM WALLACE 4:39.0 1985
8. STEVE BYE 4:39.4 1981
9. WALT MALMSTROM 4:41.1 1965
10. MIKE ANDERSON 4:42.1 1974

100 HIGH HURDLES

1. JEFF HAWKINS 14.4 1973
- RICK STEBLAY 14.4 1979
- CRAIG KRUPKE 14.4 1984
2. STEVE SHIT 14.8 1974
3. GRANT HARTMAN 15.1 1975
- 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 STERLAY 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 HOKESW 41.3 1979
7. TIM KNUTSEN 41.5 1981
8. SHAUN FRIEDRICH 41.9 1979
9. PAT MOONEN 41.9 1986
10. BRIAN VASSEUR 43.1 1986
- 43.9 1984

SHOTPUT

1. GREG PAFFEL 54' 9 3/4 1986
2. WAYNE BECKLIN 53' 2 3/4 1972
3. EREY 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 KOPESKY 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

DISCUS

1. GREG PAFFEL 166' 10 1986
2. PAUL ZABEE 159' 8" 1976
3. RANDY NIELSEN 158' 5" 1972
4. BRIAN KOPESKY 149' 9" 1978
5. CRAIG OTTO 148' 3" 1984
6. JON SMITH 143' 0" 1982
7. BLAISE KRALJIC 142' 5" 1972
8. EREY LAPOINTE 141' 2" 1970
9. BRIAN GOLDENMAN 141' 2" 1980
10. TED OLSON 137' 9" 1962
- JOHN BARSOBY 137' 9" 1983

HIGH JUMP

1. JEFF J SMITH 6' 7" 1984
2. JEFF HAWKINS 6' 6" 1974
3. MIKE DUHANNE 6' 4" 1981
4. GENE BELANER 5' 11 1/2 1960
5. JEFF SCHUBER 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 1982

LONG JUMP

1. MIKE DUHANNE 22' 9" 1981
2. RAY SCHRECKENSHAUST 22' 4 1/2 1983
3. STEVE SHIT 21' 9 3/4 1974
4. FRANK KOPEKA 21' 9 1/2 1971
5. TONY ILIFF 21' 1" 1983
6. LEE OLSEN 20' 9 1/4 1984
7. BRYAN CORNELLUS 20' 9" 1980
8. JOHN KRALJIC 19' 11 1/2 1978
9. BILL MCALPINE 19' 9 1/4 1977
10. ARNE ENGSTROM 19' 8" 1982

BUDDY ROBINSON	12	400 RELAY 11.8 200 DASH 23.8 SPRINT MEDLEY RELAY 23.8 SPLIT 200 800 RELAY 23.6 SPLIT 200
AL TAKLE	12	1600 RELAY 55.5 SPLIT 400 800 RUN 2:07.2 SPRINT MEDLEY RELAY 2:07.4 SPLIT 800 3200 RELAY 2:06.8 SPLIT 800 1600 RUN 4:57.9 400 DASH 57.8 DISTANCE MEDLEY RELAY 2:08.7 SPLIT 800
TAAE EBERT	12	800 RUN 2:05.5 3200 RELAY 2:06.9 SPLIT 800 1600 RUN 5:06.7 400 DASH 56.9 DISTANCE MEDLEY RELAY 2:10 SPLIT 800
MARK LERUD	12	800 RUN 2:13.8 1600 RUN 4:57 DISTANCE MEDLEY RELAY 3:33.4 SPLIT 1200 3200 RELAY 2:12.9 SPLIT 800 3200 RUN 11:15
MARK NYSTROM	12	400 DASH 53.4 3200 RELAY 2:03.9 SPLIT 800 1600 RELAY 53.5 SPLIT 400 800 RUN 2:02.7 DISTANCE MEDLEY RELAY 54.5 SPLIT 400
TODD OSBORN	12	100 DASH 11.6 800 RELAY 23.1 SPLIT 200 400 RELAY SPRINT MEDLEY RELAY 23.4 SPLIT 200
SALLY ANDERSON	11	800 RUN 2:25.2 1600 RUN 5:39 3200 RELAY 2:26 SPLIT 800 1600 RELAY 64.3 SPLIT 400 400 METER 65.3
JONIE STARK	11	HIGH HURDLES 17.0 300 LOW HURDLES 53.1 800 RELAY 27.8 SPLIT 200 400 RELAY
SHELLY SHOTLIFF	11	SHOTPUT 34' 2 1/2" DISCUS 84' 3" 800 RELAY 31.2 SPLIT 200
KRIS KNUTSON	11	800 RELAY 27.6 SPLIT 200 200 28.2 LONG JUMP 15' 3" 100 13.4 400 RELAY
CINDE OLSEN	11	300 LOW HURDLES 50.7 400 RELAY 800 RELAY 28.3 SPLIT 200 1600 RELAY 65.1 SPLIT 400 3200 RELAY 2:35.9 SPLIT 800
DARLA PINEUR	11	HIGH HURDLES 18.6 300 LOW HURDLES 52.1 800 RELAY 28.6 SPLIT 200 1600 RELAY 71.1 SPLIT 400 400 RELAY
DIANA FOGATCHNIK	11	1600 RUN 6:14 3200 RUN 13:52 3200 RELAY 2:59 SPLIT 800
LYNN DALUGE	11	200 29.6 100 14.0 400 68.5 1600 RELAY 70.9 SPLIT 400 400 RELAY

JAY PAULSON 11 1600 RUN 4:36.7 3200 RUN 10:02.3
3200 RELAY 2:01.3 SPLIT 800
SPRINT MEDLEY RELAY 2:02.2 SPLIT 800

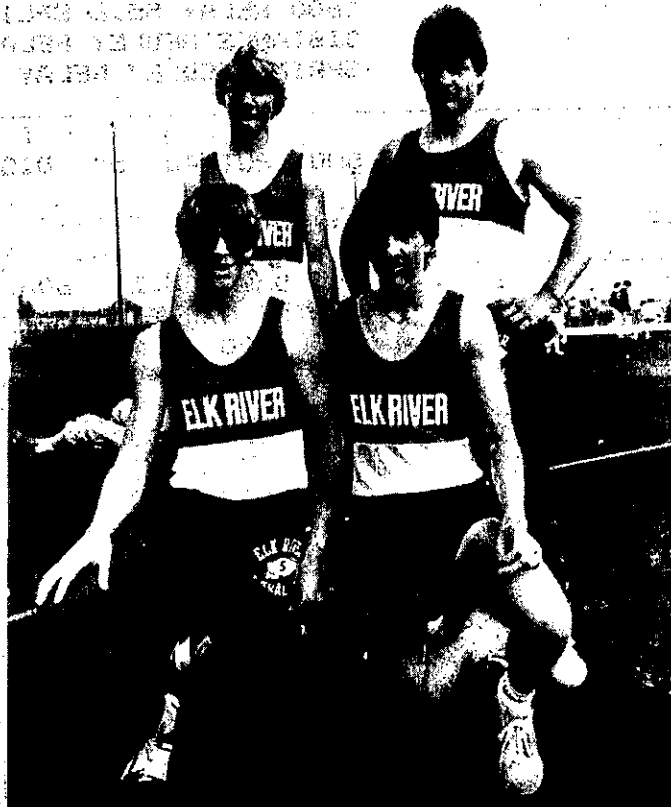
JEFF SMITH 11 SHOTPUT 44' 10" DISCUS 108' 8"
100 DASH 11.5 400 RELAY
800 RELAY 23.8 SPLIT 200

DAVE TULKKI 11 HIGH JUMP 5' 7" 400 DASH 52.1 400 RELAY
800 RELAY 23.3 SPLIT 200
1600 RELAY 53.9 SPLIT 400
SPRINT MEDLEY RELAY 23.2 SPLIT 200

DEAN HEMMELGARN 11 100 DASH 11.5 200 DASH 23.9
800 RELAY 23.8 SPLIT 200
SPRINT MEDLEY RELAY 25.4 SPLIT 200

MIKE ERICKSON 10 HIGH JUMP 5' 7" 400 DASH 51.1 400 RELAY
800 RELAY 23.5 SPLIT 200
1600 RELAY 52.0 SPLIT 400
SPRINT MEDLEY RELAY 23.0 SPLIT 200
200 DASH 23.7

LISA HAVRILLA 10 SHOTPUT 26' 5 1/2" DISCUS 60' 11"



DAVE TULKKI JEFF SMITH
DEAN HEMMELGARN MIKE ERICKSON

NAME	GRADE	EVENTS PARTICIPATED IN MORE THAN ONCE AND BEST PERFORMANCES
ANNE LOFTUS	12	HIGH JUMP 5' 4" LONG JUMP 16' 8" 400 RELAY 200 28.4 HIGH HURDLES 16.2 800 RELAY 27.9 SPLIT 200 1600 RELAY 65.4 SPLIT 400
BECKY GROVEN	12	LONG JUMP 14' 5 1/2" 200 27.5 400 RELAY 800 RELAY 26.4 SPLIT 200 1600 RELAY 64.6 SPLIT 400
TERESA KRINKE	12	1600 RUN 5:58 3200 RUN 13:38 800 RUN 2:44 3200 RELAY 2:45 SPLIT 800
JACKIE PRASKE	12	1600 RUN 5:50.0 3200 RUN 12:59 800 RUN 2:34.9 3200 RELAY 2:33 SPLIT 800 1600 RELAY 66.3 SPLIT 400
DAWN KASPER	12	1600 RUN 5:49.0 3200 RUN 12:36 800 RUN 2:37.4 1600 RELAY 63.9 SPLIT 400 3200 RELAY 2:34.1 SPLIT 800 400 METER 66.1
DON TROMBLEY	12	800 RUN 2:15 1600 RUN 4:52.9 3200 RELAY 2:10.1 SPLIT 800 1600 RELAY 55.6 SPLIT 400 DISTANCE MEDLEY RELAY 3:27.6 SPLIT 1200 SPRINT MEDLEY RELAY 56.5 SPLIT 400
RON JOHNSON	12	SHOT PUT 48' 5" DISCUS 128' 10"
TERRY OSTERMAN	12	400 DASH 55.2 1600 RELAY 54.0 SPLIT 400 SPRINT MEDLEY RELAY 54.5 SPLIT 400 25.0 SPLIT 200 800 RELAY 23.9 SPLIT 200 100 DASH 12.0 200 DASH 24.7 800 RUN 2:15.5
JASON ROBERTSON	12	400 RELAY 800 RELAY 23.3 SPLIT 200 1600 RELAY 53.5 SPLIT 400 100 DASH 11.8 200 DASH 23.9 400 DASH 52.5 SPRINT MEDLEY RELAY 24.7 SPLIT 200 53.1 400
MIKE NOER	12	3200 RUN 11:04.1 1600 RUN 4:57
SCOTT DOEBLER	12	100 DASH 11.8 200 DASH 24.0 400 RELAY 800 RELAY 23.2 SPLIT 200 SPRINT MEDLEY RELAY 23.5 SPLIT 200

DAVE HENNING
JAMES HENNING

TRIPLE JUMP

1. Craig Otto 44'6 1/2 1984
2. Lee Olmsted 43'8 1984
3. Mike Donahue 43'5 1981
4. Tony Iff 41'6 3/4 1983
5. John Krajic 39'5 1988
6. Doug Grandlund 38'11 1982
7. Doug Jarmoluk 38'9 3/4 1978
8. John Christeen 38'8 1/2 1985
9. Steve Smit 38'4 1/2 1974
10. Mark Loftus 38'1 1985

POLE VAULT

1. Dan Zahler 13' 1/2 1985
2. Bob Lashinski 13'0 1978
3. Jeff Zawas 13'0 1980
3. John Macintyre 12'9 1966
4. Jeff E. Smith 12'6 1984
4. Jeff J. Smith 12'6 1984
5. Kim Mattson 12'0 1973
5. Kim Mattson 12'0 1975
- Ross E. Anderson 12'0 1975
- Pat Zahler 12'0 1976
- Russ Adamski 12'0 1980
- Brad Holt 12'0 1984

400 RELAY

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

1600 METER RELAY

1. Bryce Daily 3:22.7 1983
Craig Krupke
Ray Schreckenghaust
Pat Carr
2. Steve Brant 3:24.9 1975
Gregg Skuza Daryl Boyd
Brian Klenz
3. Keith Barnier 3:25.8 1982
Bryce Daily

800 RELAY

1. Glen Anderson 1:31.4 1982
Pat Carr
Ray Schreckenghaust
Bret Hoaglund
2. Craig Hinrichs 1:31.6 1978
Rick Steblay Clint Leger
Jeff Miller
Keith Barnier
Bret Hoaglund Ray Schreckenghaust
Lance Hoaglund
3. Mark Anderson 1:32.0 1983
Bryce Daily Pat Carr
Ray Schreckenghaust
4. Mark Anderson 1:32.5 1982
Glen Anderson Bret Hoaglund
Ray Schreckenghaust
5. Craig Hinrichs 1:32.5 1978
Steve Slavik Dan Knolles
Jeff Miller

1600 METER SPRINT MEDLEY RELAY

1. Bruce Powers 3:34.0 1975
Brian Klenz
Daryl Boyd
Gregg Skunza
2. Mark Ollila Paul Lutz 3:34.5 1983
Pat Carr Bryce Daily
3. Pat Carr 3:38.6 1982
Ray Schreckenghaust
Bryce Daily Steve Bye

3200 METER RELAY

1. Daryl Boyd 8:09.8 1975
Gregg Skuza
Brian Klenz
Steve Brant
2. Steve Wallace 8:14.0 1984
Kevin Juntunen
Eric Nystrom Paul Lutz
3. Eric Nystrom 8:14.3 1983
Pat Carr Bryce Daily
Kevin Juntunen
4. Joe Schenk Taag Ebert 8:18.2 1986
Mark Nystrom-Jay Paulsen
5. Dan Lemmon 8:20.0 1979
Russ Gesch Jeff Piotrowski
Tom Weinhold

6400 METER RELAY

1. Daryl Boyd 19:24.6 1974
Mike Anderson
Steve Brant
Warren Hinkle
2. Jay Paulsen 19:40.1 1986
Joe Schenk Jay Johnson
Don Trombley
3. Jay Johnson 19:45.0 1985
Paul Reighard
Jay Paulsen Don Trombley
4. Al Takle 19:47.5 1985
Don Trombley
Jay Paulsen Mike Jeanette
5. Mike Jeanette 19:51.0 1984
Paul Reighard
Jim Wallace Eric Nystrom

400 METER DISTANCE MEDLY RELAY

1. Kevin Schoolmeesters 11:06.3 1985
Al Takle
Jim Wallace
Mike Jeanette
2. Mark Nystrom Al Takle 11:08.5 1986
Don Trombley Jay Paulsen
3. Jeff Hudson Pat Carr 11:19.1 1981
Roger Dehn Steve Bye
4. Doug McNiff 11:29.2 1985
Mark Nystrom
Jim Wallace Mike Jeanette
5. Don Seth Taag Ebert 11:29.4 1985
Mark Lerud Don Trombley

4. Dan Knolles Jeff Stone 3:38.9 1978
Steve Slavik
Jeff Piotrowski
5. Steve Slavik 3:39.9 1984
Dan Knolles
Jeff Stone Jeff Piotrowski
Scott Ferrian
Bruce Nierenhausen
Eric Nystrom Bryce Daily

SOPHOMORE BOYS
ALL-TIME TRACK AND FIELD PERFORMANCES

100 DASH		200 DASH		400 DASH		800 RUN		1600 RUN		3200 RUN	
1. DUANE LAKODUK	11.4	1972	1. BRET HOAGLUND	22.7	1980	1. MIKE ERICKSON	51.1	1986	1. JAY PAULSEN	4:36.7	1986
2. LANCE HOAGLUND	11.5	1979	2. RICK STEBLAY	23.3	1977	2. DAVE TULKKI	52.1	1986	2. STEVE BYE	4:42.9	1984
3. JEFF SMITH	11.5	1986	3. RAY SCHRECKENHAUST	23.4	1981	3. BRYCE DAILY	52.4	1982	3. WARREN HINKLE	4:43.0	1983
DEAN HEMMELBARN	11.5	1986	4. KEITH BARNIER	23.6	1980	4. PAT CARR	52.7	1981	4. MIKE JEANNETTE	4:45.2	1980
4. CLINT LEGER	11.6	1977	5. MIKE ERICKSON	23.7	1986	5. STEVE SLAVIK	53.0	1977	4. STEVE BYE	4:45.4	1981
HOWARD HODGE	11.6	1979	6. BUDDY ROBINSON	23.8	1985	6. MARK NYSTROM	53.4	1985	5. ROGER DEHN	4:45.8	1982
PAT CARR	11.6	1981	7. DEAN HEMMELBARN	23.9	1986	7. TOM WEINHOLD	53.5	1977	6. ERIC NYSTROM	4:49.3	1977
TODD OSBORN	11.6	1985	8. PAT CARR	24.0	1981	8. GREG WEBER	53.6	1977	7. DAN LEMMON	4:50.6	1970
5. CRAIG HINRICHS	11.7	1976	9. DAVE TULKKI	24.1	1986	9. CHUCK LEFEBVRE	53.8	1973	8. ROSS A ANDERSON	4:51.7	1973
RAY SCHRECKENHAUST	11.7	1981	10. LANCE HOAGLUND	24.2	1979	10. JEFF PIOTROWSKI	53.9	1977	9. STEVE BRANT	4:52.1	1986
DAVE TULKKI	11.7	1986						10. BOB ROSKE			

300 HURDLES

140 HURDLES		300 HURDLES			
1. RICK STEBLAY	15.0	1977	1. KEITH BARNIER	41.2	1980
JEFF HAWKINS	15.0	1972	CRAIG KRUPKE	41.2	1982
2. CRAIG KRUPKE	15.5	1982	2. RICK STEBLAY	44.6	1977
3. MARK ANDERSON	16.3	1981	3. MARK ANDERSON	44.1	1981
4. STEVE SMIT	16.4	1972	4. SHAUN FRIEDRICH	44.2	1977
SHAUN FRIEDRICH	16.4	1977	5. DOUG JARMOLUK	44.4	1974
5. TIM OLSEN	17.0	1976	6. MIKE MORGEN	44.9	1977
6. CHUCK LEFEBVRE	17.5	1973	7. CHUCK LEFEBVRE	45.4	1973
7. KEITH BARNIER	17.6	1980	8. DON LAXSON	45.8	1986
8. MIKE MORGEN	17.8	1977	9. TIM OLSEN	46.1	1976

SHOT PUT

DISCUS		SHOT PUT		DISCUS		
1. GREG PAFFEL	134'	1"	1984	1. GREG PAFFEL	47' 8"	1975
2. RON JOHNSON	125'	9"	1985	2. GREG PAFFEL	47' 1"	1984
3. CRAIG OTTO	124'	11"	1982	3. RON JOHNSON	45' 6 1/4"	1985
4. JON SMITH	124'	3"	1980	4. BRIAN GOLDENMAN	44' 11"	1978
5. PAUL ZABEE	119'	9"	1974	5. JEFF SMITH	44' 10"	1986
6. RANDY NIELSEN	119'	3"	1970	6. EHERY LAPOINTE	44' 2"	1968
7. BILL LEWIS	118'	0"	1986	7. BILL LEWIS	43' 1/2"	1986
8. IAN SCHROEDER	114'	7"	1983	8. JOHN BARSDODY	42' 10 1/4"	1981
9. CLIFF ANDERSON	114'	0"	1975	9. CRAIG OTTO	41' 10"	1982
JOHN BARSDODY	114'	0"	1981	10. JON SMITH	40' 6"	1980

HIGH JUMP

LONG JUMP		HIGH JUMP		LONG JUMP		
1. RAY SCHRECKENHAUST	20'	10 1/2"	1981	1. JEFF J SMITH	6' 1"	1982
2. MIKE DONAHUE	20'	0"	1979	2. JEFF HAWKINS	5' 10"	1972
3. STEVE SMIT	19'	10"	1972	MIKE DONAHUE	5' 10"	1979
4. SEAN BYRNES	19'	1/4"	1981	3. BRUCE ANDERSON	5' 8"	1971
5. CRAIG OTTO	18'	10 1/2"	1982	TIM OLSEN	5' 8"	1976
6. JOHN JOHNSON	18'	9 1/2"	1984	RICK STEBLAY	5' 8"	1977
7. LEE OLMSTED	18'	5"	1982	LEE OLMSTED	5' 8"	1982
8. DOUG JARMOLUK	18'	3 1/4"	1978	DAVE SLAVIK	5' 8"	1984
9. JOHN KRALLJIC	18'	3"	1976	4. MIKE ERICKSON	5' 7"	1986
10. DON LAXSON	18'	1"	1986	DAVE TULKKI	5' 7"	1986
				5. TIM DANIELS	5' 6"	1969

TRIPLE JUMP

POLE VAULT

3200 RELAY

4000 DISTANCE MEDLEY RELAY

1. MIKE DONAHUE	41' 1"	1979	1. BRAD HULT	11' 9"	1982
2. CRAIG OTTO	40' 1"	1982	2. MIKE ZAHLER	11' 6"	1973
3. LEE OLMSTED	39' 7"	1982	3. KIM HATTISON	11' 0"	1971
4. DOUG JÄRMOLOK	38' 9 3/4"	1978	JEFF J SMITH	11' 0"	1982
5. DAVE GOODIN	37' 10"	1986	4. ROSS E ANDERSON	10' 6"	1973
6. JOHN JOHNSON	37' 0"	1984	JEFF E SMITH	10' 6"	1982
7. DON LAYSON	36' 8"	1986	5. STEVE GREENE	10' 0"	1977
8. SEAN BYRNES	36' 5"	1981	GREG ZAHLER	10' 0"	1977
9. BRUCE POWERS	35' 3/4"	1974	RUSS ADAMSKI	10' 0"	1979
10. DOUG GRANLUND	36' 1/2"	1980	6. GLEN THOMPSON	9' 6"	1978

400 METER RELAY

800 METER RELAY

1. TODD OSBORN	46.4	1985	1. DAVE TULKKI	23.3	1:35.0	1986
TERRY OSTERMAN			MIKE ERICKSON	23.5		
SCOTT DOEBLER			DEAN HEMMELGARN	24.5		
BUDDY ROBINSON			JEFF SMITH	24.0		
2. CLINT LEGER	46.8	1977	2. JEFF PIOTROWSKI		1:36.7	1977
STEVE SLAVIK			JEFF STONE			
JEFF PIOTROWSKI			STEVE SLAVIK			
GREG WEBER			CLINT LEGER			
3. DAVE TULKKI	46.8	1986	3. TODD OSBORN		1:37.5	1985
MIKE ERICKSON			BUDDY ROBINSON			
DEAN HEMMELGARN			SCOTT DOEBLER			
JEFF SMITH			TERRY OSTERMAN			
4. BRUCE POWERS	47.4	1974	4. CLINT LEGER		1:38.7	1977
STEVE MCALPINE			JEFF PIOTROWSKI			
GREG BARRETT			STEVE SLAVIK			
BRAD GRUPE			JEFF STONE			
5. DAN KOLLES	47.5	1976	5. CLINT LEGER		1:39.7	1977
GREG EBNER			MIKE MURGEN			
TIN OLSEN			JEFF PIOTROWSKI			
CRAIG HINRICHS						
TODD OSBORN	47.5	1985				
BUDDY ROBINSON						
SCOTT DOEBLER						
DEAN WILLIAMS						

1. RUSS GESCH	2:09.2	8:42.1	1977	1. DON SETH	57.0	11:29.4	1985
TOM WEINHOLD	2:07.3			TAAG EBERT	2:10		
SHAUN FRIEDRICH	2:11.2			MARK LERUD	3:33.4		
DON LEMMON	2:14.4			DON TROMBLEY	4:48		
2. DON TROMBLEY	8:44.3	1985	2. TOM EARL			11:45.5	1982
AL TAKLE			KEVIN JUNTUNEN				
TAAG EBERT			JIM WALLACE				
MARK NYSTROM			ERIC NYSTROM				
3. MARK LERUD	8:49.8	1985	3. DAVE BARSODY			12:08.3	1980
TAAG EBERT			TOM HICHLITSCH				
MARK NYSTROM			DUANE SMITH				
AL TAKLE			STEVE BVE				
4. DON TROMBLEY	8:49.9	1985					
TAAG EBERT							
MARK LERUD							
MARK NYSTROM							
5. BRIAN KLENZ	8:54.6	1973					
KEVIN MULVANEY							
LARRY CHRISTENSEN							
STEVE BRANT							

6400 RELAY

1. JIM WALLACE	5:06	20:53.0	1982	1. DAVE TULKKI	23.2	3:43.5	1986
ERIC NYSTROM	5:11			DEAN HEMMELGARN	25.4		
TOM EARL	5:19			MIKE ERICKSON	52.0		
KEVIN JUNTUNEN	5:17			JAY PAULSEN	2:02.6		
2. RANDY THOMPSON	21:05.0	1982	2. JEFF PIOTROWSKI			3:48.2	1977
TOM EARL			STEVE SLAVIK				
ERIC NYSTROM			KEVIN JUNTUNEN				
3. STEVE BRANT	21:11.1	1973	JEFF STONE				
DAVE LEMMON			TODD OSBORN				
RANDY SCHRECKENGRHAUST			BUDDY ROBINSON				
MIKE TOKAR			TERRY OSTERMAN				
			AL TAKLE				
			MARK NYSTROM				
			RUSS GESCH				
			KEITH BARNIER				

1600 RELAY

1. STEVE SLAVIK	53.6	3:32.9	1977	1. DAVE TULKKI	23.2	3:43.5	1986
TOM WEINHOLD	54.0			DEAN HEMMELGARN	25.4		
JEFF PIOTROWSKI	53.6			MIKE ERICKSON	52.0		
GREG WEBER	53.4			JAY PAULSEN	2:02.6		
2. RICK STERBLAY	3:35.9	1977	2. JEFF PIOTROWSKI			3:48.2	1977
STEVE SLAVIK			STEVE SLAVIK				
JEFF PIOTROWSKI			JEFF STONE				
TOM WEINHOLD			TODD OSBORN				
3. STEVE SLAVIK	3:39.0	1977	3. TODD OSBORN			3:51.8	1985
GREG WEBER			BUDDY ROBINSON				
JEFF PIOTROWSKI			TERRY OSTERMAN				
RICK STEBLAY			AL TAKLE				
4. TAAG EBERT	3:41.0	1985	MARK NYSTROM				
TERRY OSTERMAN			RUSS GESCH				
AL TAKLE			KEITH BARNIER				
MARK NYSTROM							
5. GREG WEBER	3:41.9	1977					
MIKE TOKAR							

1600 SPRINT MEDLEY RELAY

GIRLS VARSITY ALL-TIME TRACK AND FIELD PERFORMANCES

100 DASH

1. JANA GESCH	12.2	1971
2. KYLE LILJA	12.4	1974
LORI MIDDELSTADT	12.4	1986
3. MARY HOEBELHEINRICH	12.5	1973
WENDY WATZKE	12.5	1978
4. JACKIE HOBLUND	12.7	1980
JENNINE LEFEBVRE	12.7	1982
5. PAT MCLEAN	12.8	1978
6. SHERRI MISKOWIC	12.9	1985
LUANN DONATS	12.9	1981
JUDY JOHNSON	12.9	1975
MARGE DONAHUE	12.9	1975

200 DASH

1. LORI MIDDELSTADT	26.4	1986
2. JANA GESCH	26.5	1971
3. COLLEEN BARRETT	26.6	1975
4. JACKIE HOBLUND	26.7	1980
5. JUDY JOHNSON	27.1	1976
6. KIM MAUSEN	27.2	1983
7. KATHY SCHWINN	27.3	1979
8. LUANN DONATS	27.4	1981
CTROI DONAHUE	27.4	1972
LAURIE MICHLITSCH	27.4	1982
9. BECKY GROVEN	27.5	1985

400 DASH

1. MARGE DONAHUE	60.3	1974
2. LORI MIDDELSTADT	62.1	1986
3. MARY MULVANEY	63.5	1977
4. JANE BIGELOW	64.2	1972
5. CHERYL GUZEK	65.0	1981
6. KATHEE DONAHUE	65.1	1976
7. MONA DONAHUE	65.2	1970
8. SALLY ANDERSON	65.3	1986
9. ANGIE ANDERSON	65.5	1982
10. SHERRI MISKOWIC	66.0	1983

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	2:37.4	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. DAWN KASPER	5:49.0	1986
7. SHANNON SMIT	5:49.9	1975
8. JACKIE PRASKE	5:50.0	1986
9. NANCY COWLES	5:56.0	1985
10. KATHEE DONAHUE	5:56.6	1977

3200 RUN

1. ANGIE BECK	12:26.0	1981
2. DAWN KASPER	12:36.0	1986
3. MARY MULVANEY	12:36.2	1977
4. FIELD	12:41.8	1981
5. CHERYL GUZEK	12:51.0	1981
6. JACKIE PRASKE	12:59.0	1986
7. WENDY OLSEN	13:37.0	1980
8. TERESA KRINKE	13:38.0	1985
9. MARIE DELIDUKA	13:38.9	1983
10. JULIE EBNER	13:41.9	1982

100 HURDLES

1. MELISSA MOONEN	15.8	1985
2. CYAN SCHRADER	16.0	1983
CARIN PLAISTED	16.0	1980
3. ANNE LOFTUS	16.2	1986
4. CARMEN LEFEBVRE	16.5	1981
5. JAN MEADE	16.6	1978
6. DONNA BEHL	16.8	1979
7. JULIE DECAMBALIZA	16.9	1980
8. JONIE STARK	17.0	1986

300 HURDLES

1. MELISSA MOONEN	50.2	1985
2. CYNDE OLSEN	50.7	1986
3. DARLA PINEUR	52.1	1986
4. JONIE STARK	53.1	1986
5. LUANN BARSODY	53.4	1985
HEIDI LUKKONEN	53.4	1985
6. LISA MORAN	56.4	1985

SHOTPUT

DISCUS

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. SHELLY SHOTLIFF	34' 2 1/2"	1986
5. TERRI HILLER	33' 11"	1975
6. ROBYN LIBBY	33' 10"	1981
7. LINDA BOCK	33' 3"	1979
8. KORYN BECKLIN	32' 10"	1977
9. KATHI SURVIS	32' 9 3/4"	1972
10. DAWN JOHNSON	32' 1/2"	1974

1. TANI 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 GILDENEISTER	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. SHELLY SHOTLIFF	84' 3"	1986

LONG JUMP

1. LORI MIDDELSTADT	16' 10 1/2"	1986
2. ANNE LOFTUS	16' 8"	1986
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
9. KATHEE DONAHUE	15' 7"	1976
10. KRIS KNUTSON	15' 3"	1986

HIGH JUMP

1. ANNIE LOFTUS	5' 4"	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

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



JONIE STARK DARLA PINEUR
KRIS KNUTSON TERESA STAHLMANN

3200 RELAY

- 1. DAWN KASPER JACKIE PRASKE 1986
- 2:34.1 2:33.0 10:19.9
- CINDE OLSEN SALLY ANDERSON
- 2:35.9 2:37
- 2. DAWN KASPER JACKIE PRASKE 1985
- MICHELLE MEHRER 10:28.5
- SALLY ANDERSON
- 3. TERESA KRINKE 1985
- JACKIE PRASKE 10:41.0
- MICHELLE MEHRER DAWN KASPER 1985
- 4. JACKIE PRASKE 10:43.3
- TERESA KRINKE SALLY ANDERSON
- 5. LYNN DALUGE JACKIE PRASKE 1986
- DAWN KASPER 10:57.2
- SALLY ANDERSON

1600 RELAY

- 1. MARY MOLVANEY KIM EBNER 4:17.4
- MARY JO DONAHUE MAUREEN BARRETT
- 1977
- 2. LORI MIDDLESTADT 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 1978
- KATHEE DONAHUE
- 5. TANYA CARR LIZ CARON 4:20.9
- KELLY ANDERSON 1982
- LAURIE MICHLITSCH

1985
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1985
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1983
1982
1981
1980
1979
1978
1977

SOPHOMORE GIRLS

ALL-TIME TRACK AND FIELD PERFORMANCES

100 DASH

1. WENDY WATZKE 12.7 1976
2. PAT MCLEAN 12.7 1982
3. JODY JOHNSON 12.9 1975
4. CINDY DONAHUE 13.1 1972
5. KRIS KNUTSON 13.4 1986
6. HEIDI LUKKONEN 13.8 1985
7. TERESA STAHLMANN 13.8 1986

200 DASH

1. COLLEEN BARRETT 27.0 1974
2. CINDY DONAHUE 27.4 1972
3. BECKY GROVEN 27.5 1985
4. KATHY SCHMINN 27.6 1977
5. JANET MADSEN 28.1 1984
6. KRIS KNUTSON 28.2 1986
7. HEIDI LUKKONEN 28.2 1982
8. LAURA MICHILTSCH 28.3 1985

400 DASH

1. MARGE DONAHUE 62.6 1973
2. KELLY ANDERSON 64.0 1982
3. SALLY ANDERSON 65.3 1986
4. SHERRI MISKONIC 66.0 1983
5. JANE BIGELOW 66.1 1971
6. LIZ CARON 67.0 1982
7. LYNN DALUGE 68.5 1986
8. HEIDI LUKKONEN 72.0 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 LENNON 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. DIANA POBATCHNIK 2:50.6 1986

100 HURDLES

1. CYN SCHRADER 16.1 1981
2. MELISSA MOONEN 16.7 1983
3. DONNA BEHL 16.8 1979
4. JONIE STARK 17.0 1986
5. DARLA PINEUR 18.6 1986
6. LUANN BARSODY 18.7 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. DIANA POBATCHNIK 6:14.5 1986
7. LISA PLUMMER 6:24.9 1985
8. BETH LOFTUS 6:28.0 1983

1. CYNDE OLSEN 50.7 1986
2. DARLA PINEUR 52.1 1986
3. JONIE STARK 53.1 1986
4. LUANN BARSODY 53.4 1985
5. HEIDI LUKKONEN 53.4 1985
6. LISA MORAN 56.4 1985

3200 RUN

1. CHERYL BUZEK 13:30.0 1979
2. SALLY ANDERSON 13:30.0 1986
3. WENDE OLSEN 13:37.0 1980
4. DAWN KASPER 13:37.1 1985
5. DIANA POBATCHNIK 13:38.0 1985
6. LISA PLUMMER 14:22.7 1985
7. HELEN NELSON 14:39.0 1985
8. JACKIE PRASKE 14:39.0 1985

1. SHELLY SHOTLIFF 34' 2 1/2" 1986
2. TAMI PIPENHAGEN 32' 11" 1979
3. KORYN BECKLIN 32' 10" 1977
4. CONNIE BECKLIN 30' 4 3/4" 1973
5. LUANN BARSODY 30' 1985
6. WENDY PETERS 28' 9 1/2" 1986
7. LISA HAVRILLA 26' 5 1/2" 1986

1. TAMI PIPENHAGEN 98' 10" 1979
2. LENA THOMPSON 88' 1" 1983
3. SHELLY SHOTLIFF 84' 3" 1986
4. LAURA GILDENEISTER 82' 7" 1983
5. WENDY PETERS 77' 10" 1986
6. SHERRI KANGAS 70' 1" 1986
7. SHARLENE MITZEL 63' 2" 1986

HIGH JUMP

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

LONG JUMP

1. ANNIE LOFTUS 16' 6 1/2" 1985
2. JENNINE LEFEBVRE 16' 4" 1982
3. MARGE DONAHUE 15' 9" 1973
4. JILL HIRT 15' 9" 1979
5. PAT MCLEAN 15' 7" 1978
6. TERESA JENNE 15' 6" 1973
7. DEB STOLTE 15' 6" 1984
8. KRIS KNUTSON 15' 3" 1986

400 RELAY

1. TANYA CARR 54.5 1982
2. DARLA PINEUR 55.4 1986

800 RELAY

1. DARLA PINEUR 1:55.3 1986
2. DARLA PINEUR 1:56.0 1986
3. KELLY ANDERSON 1:57.4 1982

1600 RELAY

1. TANYA CARR 54.5 1982
2. DARLA PINEUR 55.4 1986

3200 RELAY

1. DARLA PINEUR 1:55.3 1986
2. DARLA PINEUR 1:56.0 1986
3. KELLY ANDERSON 1:57.4 1982
4. MELODY HESSELGRAVE 1:58.2 1986
5. WENDY PETERS 2:01.3 1986

*** POINTS CLUB ***

SINCE SCORING DURING THE SEASON IS BASED ON THE 6-4-3-2-1 AND 5-3-1 SYSTEM, IT IS QUITE AN ACCOMPLISHMENT TO RECORD OVER 100 POINTS DURING THE TRACK AND FIELD SEASON. THEREFORE WE HAVE ESTABLISHED A POINTS CLUB FOR ANY TRACK AND FIELD ATHLETE WHO HAS EARNED 100 OR MORE POINTS DURING THE SEASON IN THE MEETS ONLY.

PAST MVP AWARD WINNERS

1968	BOB HAWKINS		
1969	BOB HAWKINS		
1970	EMERY LAPOINTE		
1971	MIKE LEFEBVRE		
1972	BLAISE KRALJIC		
1973	JEFF HAWKINS	SUE POULIOT	
1974	JEFF HAWKINS	JAYNE EULL	
1975	STEVE BRANT	MARGE DONAHUE	
1976	BRAD GRUPE	JODY JOHNSON	
1977	DAN KOLLES	JODY JOHNSON	
1978	RICK STEBLAY	WENDY MATZKE	
1979	RICK STEBLAY	KATHY SCHWINN	
1980	BRIAN GOLJEMANN	JACKIE HOAGLUND	
1981	MIKE DONAHUE	CHERYL BUZEK	
1982	BRET HOAGLUND	KELLY ANDERSON	
1983	RAY SCHRECKENHAUST	CYAN SCHRADER	
1984	CRAIG KRUPKE	ANNE LOFTUS	
1985	JIM WALLACE	LORI MIDDELSTADT	
1986	GREG PAFFEL	LORI MIDDELSTADT	

200 POINTS CLUB

JEFF HAWKINS	235	1974	BRET HOAGLUND	198	1982
MIKE DONAHUE	220	1981	CRAIG KRUPKE	190	1983
RAY SCHRECKENHAUST	216	1983	PAT CARR	181	1983
RICK STEBLAY	208	1982	STEVE BRANT	177	1975
RAY SCHRECKENHAUST	208	1982	STEVE SHIT	164	1973
JEFF HAWKINS	202	1973	DARYL BOYD	160	1975
			BRUCE POWERS	152	1975

150 POINTS CLUB

JEFF HAWKINS	148	1972	GLEN ANDERSON	118	1/2	1982
GREGG SKUZA	148	1975	PAUL LUTZ	117		1984
BRYCE DAILY	146	1983	JEFF STONE	110		1978
LANCE HOAGLUND	143	1981	GREG WEBER	110		1979
LORI MIDDELSTADT	141	1985	RICK STEBLAY	107		1977
GREG PAFFEL	140	1986	STEVE SLAVIK	107		1979
PAT CARR	139	1982	KEITH BARNIER	106		1982
BRYCE DAILY	138	1984	BRIAN KLENZ	105		1974
LORI MIDDELSTADT	138	1986	DUANE LAKODUK	103		1973
RAY SCHRECKENHAUST	135	1981	CLINT LEGER	102		1978
CRAIG OTTO	135	1984	STEVE SLAVIK	102		1978
RICK STEBLAY	134	1978	LEE OLNSTED	101		1984
BRET HOAGLUND	132	1/2	WAYNE BECKLIN	100		1972
DAN KOLLES	125	1978	SHERRI MISKOMIC	100		1985
STEVE SHIT	124	1974				
ERIC NYSTROM	124	1984				
BRAD GRUPE	119	1976				

100 POINTS CLUB

1986 BOYS NORTH SUBURBAN CONFERENCE MEET RESULTS

POLE VAULT

1. John Ostergren MV 13' 10 1/4"
2. Thai Hong CR 13' 6"
3. Brian Peterson B 12' 0"
4. Rich Nehm K 11' 6"
- Joe Liljedahl FL 11' 6"
6. 4 way tie at 11' B B I I

HIGH JUMP

1. Greg Lindland CR 6' 2"
2. Dan Erickson I 6' 2"
3. Jeff Witz B 6' 2"
4. Luke Frieling B 6' 0"
- Dan Elhom MV 6' 0"
6. Brian Sorvari SLP 6' 0"

SHOT PUT

1. Greg Paffel ER 54' 4 3/4"
2. Mike Sullivan FL 51' 1 3/4"
3. Keith Geolat I 50' 8 1/2"
4. Ernie Zeiman R 50' 4 3/4"
5. Cory Douville CR 50' 1 3/4"
6. Brian Strittmatter Cr 49' 9 1/2"

TRIPLE JUMP

1. Steve McTavish MV 45' 1"
2. Rob Kish CR 43' 0"
3. Vole R 42' 5 1/4"
4. Shane Compton B 41' 2 1/4"
5. John Thurik MV 41' 2"
6. Brian Sorvari SLP 41' 2"

LONG JUMP

1. Steve McTavish MV 22' 5 3/4"
2. Rod Smith K 21' 7"
3. Wayne Hawkins CH 21' 4"
4. Brian Sorvari SLP 21' 2 3/4"
5. Dan Erickson I 21' 2 1/2"
6. Cisco Balicco B 20' 5 1/2"

DISCUS

1. Greg Paffel ER 157' 9"
2. Tom Miller MV 153' 9"
3. Jim Zollinger K 143' 5"
4. Todd Zapzalka FL 140' 0"
5. Mike Schwartz I 139' 3"
6. Steve Recksiedler K 138' 3"

100 HURDLES

1. Jason Hoffman MV 15.1
2. Jim Fuqua MV 15.1
3. Mark Breyen CR 15.4
4. Sany El-Halawani I 15.7
5. Tony Daas B 15.8
6. Jeff Wymia R 15.9

100 DASH

1. Tim Roach MV 11.0
2. Gary Trettel MV 11.1
3. Wayne Hawkins CH 11.2
4. Rob Kish CR 11.2
5. Kurt Hopson F 11.5
6. Brian Carroll AN 11.6

200 DASH

1. Jamie Shea CH 22.2
2. Tim Roach MV 22.5
3. Rod Smith K 22.5
4. Troy McLeilan F 22.7
5. Wayne Hawkins CH 23.0
6. Rob Harrison AN 23.1

800 RELAY

1. Moundsview 1:31.9
2. Coon Rapids 1:32.5
3. Blaine 1:33.8
4. Kellogg 1:34.4
5. Elk River 1:34.9
6. Columbia Heights 1:35.3

3200 RELAY

1. Kellogg 8:12.3
2. Elk River 8:18.2
3. Ramsey 8:24.0
4. Moundsview 8:26.8
5. Blaine 8:31.9
6. Irondale 8:44.5

SPRINT MEDLEY RELAY

1. Moundsview 3:38.9
2. Ramsey 3:40.2
3. Irondale 3:43.5
4. Forest Lake 3:43.6
5. Blaine 3:47.5
6. Kellogg 3:49.0

400 RELAY

1. Coon Rapids 43.9
2. Moundsview 44.0
3. Blaine 44.1
4. Anoka 44.2
5. Columbia Heights 44.6
6. Kellogg 44.7

300 INTERMEDIATE HURDLES

1. Russ Mark R 38.8
2. Sany El-Halawani I 39.6
3. Mark Breyen CR 40.5
4. Jason Hoffman MV 40.6
5. Ateve Schachel B 40.9
6. Pat O Borski MV 42.1

FINAL TEAM STANDINGS

1. Moundsview 185
2. Ramsey 69
3. Coon Rapids 72
4. Blaine 64 1/6
5. Kellogg 63
6. Irondale 62 1/2
7. Elk River 40
8. Columbia Heights 35
9. Forest Lake 21
10. Anoka 11
11. Spring Lake Park 10
12. Fridley 8

1986 NORTH SUBURBAN CONFERENCE MEET RESULTS

LONG JUMP

1. Sarah Dupslaff	FL	18' 1/2"
2. Dianne Egger	CR	17' 5/8"
3. Bridgett Baldwin	CR	16' 8 1/2"
4. Anne Loftus	ER	16' 8"
5. Angie Stewart	CR	15' 11 1/2"
6. Lori Middelstadt	ER	15' 10 1/2"

DISCUS

1. Kristie Oleen	B	122' 5"
2. Lori DesRoches	AN	117' 9"
3. Angie White	I	113' 11"
4. Rosalie Abel	B	113' 10 1/2"
5. Lori Adderly	MW	110' 0"
6. Cherry Lundmark	R	109' 1/2"

3200 RUN

1. Kim Kauls	FL	10:44.8
2. Cara Daniels	AN	10:58.7
3. Jenny Vickers	R	11:25.3
4. Michelle Moore	I	11:56.6
5. Andrea Vogel	MW	11:57.5
6. Sara Fruehling	MW	11:58.2

3200 RELAY

1. Anoka	9:44.1
2. Spring Lake Park	9:53.8
3. Moundsview	9:54.3
4. Irondale	9:54.7
5. Ramsey	10:02.6
6. Elk River	10:19.9

100 HURDLES

1. Anne Loftus	ER	16.2
2. Stephanie Dahle	R	16.3
3. Peggy Mernin	Fr	16.5
4. Sue Burchell	I	16.6
5. Kathy Hehner	FL	16.9
6. Amy Houle	FL	17.1

100 DASH

1. Peggy Markel	R	12.7
2. Lori Middelstadt	ER	12.7
3. Angie Stewart	CR	12.8
4. Sara Dupslaff	FL	12.8
5. Becky Hofschild	B	13.1
6. Michelle Manning	I	13.3

1600 RUN

1. Kim Kauls	FL	5:05.4
2. Cara Daniels	An	5:16.0
3. Jenny Vickers	R	5:23.6
4. Shelly Ast	I	5:25.4
5. Angie Bartels	K	5:27.6
6. Andrea Vogel	MW	5:27.7

800 RELAY

1. Coon Rapids	1:44.8
2. Ramsey	1:47.6
3. Kellogg	1:49.9
4. Forest Lake	1:50.5
5. Fridley	1:50.6
6. Spring Lake Park	1:51.3

HIGH JUMP

1. Barb Magaman	B	5' 4"
2. Robyn Hackbarth	K	5' 4"
3. Anne Loftus	ER	5' 3"
4. Kristen Voss	B	5' 3"
5. Jodi Jopp	B	5' 2"
6. Pauline Hennen	An	5' 2"

400 DASH

1. Cathy Cornell	MW	59.7
2. Steph Grailer	B	59.9
3. Brenda Vogel	SLP	60.7
Melissa Riach	K	60.7
5. Roxanne Smith	R	60.9
6. Amy Christensen	I	61.2

800 RUN

1. Tracy Dahl	An	2:19.8
2. Shelly Ast	I	2:25.2
3. Tanya Cornelius	An	2:26.0
4. Amy Trammell	K	2:26.6
5. Nancy Uzelac	An	2:26.7
6. Andrea Enrooth	I	2:27.5

400 RELAY

1. Coon Rapids	49.8
2. Moundsview	50.5
3. Ramsey	50.7
4. Fridley	51.9
5. Forest Lake	52.0
6. Anoka	52.0

SHOT PUT

1. Kristi Oleen	B	37' 3/8"
2. Tricia Korsgen	SLP	36' 2"
3. Lori DesRoches	An	35' 9"
4. Carla West	B	35' 8"
5. Rosalie Abel	B	35' 8"
6. Ann Westby	K	35' 5"

200 DASH

1. Sara Schroepfer	MW	25.4
2. Peggy Markel	R	25.7
3. Janet Cullen	Cr	25.7
4. Peggy Clasen	R	26.0
5. Sara Dupslaff	FL	26.2
6. Lori Middelstadt	ER	26.4

300 HURDLES

1. Kristi Dean	F	45.7
2. Steph Olson	K	46.9
3. Stevi Dahle	An	48.2
4. Kim Gardner	An	48.4
5. Paula Ballentin	R	48.8
6. Kiki Christiansen	CR	49.6

1600 RELAY

1. Moundsview	4:04.6
2. Anoka	4:06.8
3. Blaine	4:09.5
4. Coon Rapids	4:11
5. Irondale	4:12.1
6. Kellogg	4:13

FINAL TEAM STANDINGS

1. Anoka	72	2. Ramsey	69	3. Blaine	62	4. Coon Rapids	53
5. Moundsview	50	6. Forest Lake	45	7. Irondale	35	8. Kellogg	34
9. Elk River	31	10. Spring Lake P	23	11. Fridley	22	12. C. Heights	0

TRACK AND FIELD AWARDS

1. MVP The most valuable member will be selected by the team.
2. MORNING MILEAGE CHAMP Given to the athlete with the most morning miles. Must have a minimum of 50 miles outside of regular practice.
3. OUTSTANDING SOPHOMORE Given to the sophomore that the coaches feel 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 PRs (personal records) points during the season.
9. PERFECT ATTENDANCE AWARD Given to any athlete who has shown their dedication to track and field by not missing any practices and meets 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 will be 6-4-3-2-1 or 5-3-1.
2. Placing in the top 6 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 practices or meets earn a letter.
5. COACHES reserve the right to withhold letters from any ATHLETES who display conduct and/or attitudes that are detrimental to the track and field 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 important. You will be allowed to miss 3 PRACTICES during the season without contacting the coaches. After that you must be excused by the coaches. 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 and have a legitimate reason, please contact Mr. Sagan at school or at home (441-3414), or Mrs. Holmgren at school.

