

# ELKS TRACK AND FIELD 2023

Brian Gilbertson: Head Boys Coach / Distance

Russ Gnan: Head Girls Coach / Sprints

Wayne Becklin: Shot Put/ Discus

Bill Martell: Long Jump / Triple Jump

Cory Hund: Boys Sprints

Paul Gill: Pole Vault

John Auel: Hurdles

Aaron Pederson: High Jump

Doug Bloom: Middle School Coach

Jase Meyer: Middle School Coach

# 2023 ELK RIVER TRACK AND FIELD LETTERS

Alex Artmann  
Owen Bassett  
Simon Bicek  
Rick Flaws  
Gavan Hanson  
Max Hite  
Alex Jensen  
Brecken Keoraj  
Tanner Martin  
Christian Rean  
Gavin Schmidt

Yube Badio  
Matt Beaudry  
Carter Bloom  
Jackson Freeman  
Levi Harris  
Ethan Hogan  
Nate Johnson  
Parker Klein  
Cade Osterman  
Sam Rueckert  
Owen Westberg

Darioh Balsidya  
Henry Bergstrom  
Beck Cleaveland  
Jett Haneca  
Ben Hickman  
Logan Hovanetz  
Matt Katkov  
Matt Krueger  
Caleb Pederson  
Sawyer Ruekert



**Logan Hovanetz: State 2nd Place 200M, 3rd Place 100M**

# ELK RIVER TRACK AND FIELD AWARDS

CAPTAINS: Matt Beaudry, Ethan Hogan, Cade Osterman, Yube Badio, Alex Artmann

ALL CONFERENCE HONORABLE MENTION: Alex Artmann, Ethan Hogan

ACADEMIC ALL STATE: Simon Bicek, Owen Westberg, Sawyer Rueckert

TEAM MVP: Matt Beaudry

DISTANCE RUNNER OF THE YEAR: Sawyer Rueckert

THROWER OF THE YEAR: Ethan Hogan

MOST IMPROVED: Simon Bicek

HURDLER OF THE YEAR: Brecken Keoraj

SPRINTER OF THE YEAR: Owen Westberg

ROOKIE OF THE YEAR: Levi Harris

VAULTER OF THE YEAR: Matt Katkov

ELK AWARD: Jett Haneca

HARDEST WORKER: Alex Artmann



**Matt Beaudry: MVP and State Qualifier in Triple Jump, 4 x 100, 4 x 400**

# 2023 ELK RIVER BOYS RESULTS

## TRUE TEAM SECTION 4AAA (ROGERS):

1. Anoka	942	2. Coon Rapids	883.50
3. Andover	875	4. Champlin Park	854.50
<b>5. Elk River</b>	<b>793</b>	6. STMA	782
7. Maple Grove	768	8. Osseo	754.50
9. Rogers	526.50	10. Park Center	113

## NORTHWEST SUBURBAN CONFERENCE CHAMPIONSHIP (ELK RIVER):

1. Blaine	110	2. Champlin Park	104
3. Osseo	96	4. Anoka	83
5. Spring Lake Park	79	6. Coon Rapids	77
<b>7. Elk River</b>	<b>71</b>	8. Centennial	68
9. Andover	66	10. Armstrong	60
11. Maple Grove	48	12. Totino Grace	44
13. Rogers	13	14. Park Center	0

## SECTION 8AAA SECTION FINALS (BRAINERD/STMA):

1. STMA	140	2. Moorhead	115
<b>3. Elk River</b>	<b>110</b>	4. Buffalo	87
5. Brainerd	84	6. Bemidji	71
7. Sartell	49	8. Rogers	37

# *Elk River Elks*

## *Boys Track History*

### *Boys State Track & Field Entrants*

<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time</u>	<u>Place</u>
1956	Discus	Rollie Hanks		
	100 Yd Dash	Lloyd Gray		
	220 Yd Dash	Lloyd Gray		
	1 Mile	Dave Stadden		
	880 Yd Relay	Lloyd Gray, Rollie Hanks, Gene Sellen, Paul Ebner		
1964	880 Yd Dash	Walt Malmstrom		3rd
1965	1 Mile Relay	Carl Demars, Walt Malmstrom, Dick Lenz, John Macintyre		
	880 Yd Run	Walt Malmstrom	1:54.0	3rd
	Pole Vault	John Macintyre		
1971	Long Jump	Frank Kopetka	21' 9 1/2"	5th
	100 Yd Dash	Mike Lefebvre		
1973	High Hurdles	Steve Smit		
	Long Jump	Steve Smit		
	<i>High Hurdles</i>	<i>Jeff Hawkins</i>	<i>15.3</i>	<i>1st</i>
	<i>Low Hurdles</i>	<i>Jeff Hawkins</i>	<i>21.6</i>	<i>3rd</i>
1974	Shot put	Dan Reemts		
	<i>High Hurdles</i>	<i>Steve Smit</i>	<i>14.8</i>	<i>2nd</i>
	Low Hurdles	Steve Smit		
	Long Jump	Steve Smit	21' 3/4"	2nd
	<i>High Hurdles</i>	<i>Jeff Hawkins</i>	<i>14.6</i>	<i>1st</i>
	100 Yd Dash	Jeff Hawkins		
	<i>Low Hurdles</i>	<i>Jeff Hawkins</i>	<i>19.8</i>	<i>1st</i>

## *Boys State Track & Field Entrants*

Year	Event	Entrants	Time	Place
1975	880 Yd Run	Steve Brant		
	<i>Sprint Medley</i>	<i>Brian Klemz, Daryl Boyd, Bruce Powers, Gregg Skuza</i>	3:39.0	4th
	1 Mile Relay	Steve Brant, Daryl Boyd, Gregg Skuza, Brian Klemz		
1976	<i>Discus</i>	<i>Paul Zabee</i>	159' 8"	3rd
1978	220 Yd Dash	Jeff Miller		
	<i>High Hurdles</i>	<i>Rick Steblay</i>	15.3	5th
1979	<i>High Hurdles</i>	<i>Rick Steblay</i>	14.7	2nd
	<i>Int. Hurdles</i>	<i>Rick Steblay</i>	39.2	1st
	220 Yd Dash	Rick Steblay	22.7	
1980	<i>Long Jump</i>	<i>Mike Donahue</i>	21' 1 1/2"	7th
1981	<i>Long Jump</i>	<i>Mike Donahue</i>	21' 8"	7th
	Int. Hurdles	Keith Barnier	41.5	
	<i>400 Relay</i>	<i>M. Donahue, R. Schreckenghaust, Bret Hoaglund, Lance Hoaglund</i>	44.0	
1982	Int. Hurdles	Keith Barnier	40.2	
	400m Dash	Pat Carr	51.5	
	200m Dash	Bret Hoaglund	22.5	
	Long Jump	Ray Schreckenghaust		
1983	Long Jump	<i>Ray Schreckenghaust</i>	22' 3"	6th
	200m Dash	Ray Schreckenghaust	23.4	
	110m Hurdles	<i>Craig Krupke</i>	15.7	7 <sup>th</sup>
	300m Hurdles	Craig Krupke	39.9	
	High Jump	<i>Jeff J. Smith</i>	6' 3"	8th
	400m Dash	Pat Carr	50.1	prelims
	400m Dash	<i>Bryce Daily</i>	50.1	prelims
			50.8	4th
	Sprint Medley Relay	<i>Bryce Daily, Pat Carr Ray Schreckenghaust, Eric Nystrom</i>	3:43.3	7th
		Alt: Paul Lutz, Mark Ollilia		
	<i>1600 Meter Relay</i>	<i>Craig Krupke, Bryce Daily, Pat Carr, Ray Schreckenghaust</i>	3:22.9	1st

## *Boys State Track & Field Entrants*

Year	Event	Entrants	Time	Place
1984	110m Hurdles	<i>Craig Krupke</i>	14.7	3rd
	300m Hurdles	<i>Craig Krupke</i>	39.8	6th
	High Jump	Jeff J. Smith	6' 2"	
	Pole Jump	Jeff J. Smith	12' 6"	
	Triple Jump	Craig Otto	42' 11"	
	Triple Jump	Lee Olmsted	42' 11"	
1985	Discus	<i>Greg Paffel</i>	141' 11"	10th
1986	Discus	<i>Greg Paffel</i>	166' 3"	1st
	Shot put	<i>Greg Paffel</i>	54' 7 1/2"	4th
1988	400 Meter Dash	<i>Mike Erickson</i>	50.4	8th
1989	400 Meter Dash	<i>Mike Erickson</i>	50.26	prelims
			50.8	7th
	High Jump	<i>Dave Goodin</i>	6' 4"	3rd
	100 Meter Dash	<i>Bobby Libby</i>	11.09	prelims
			11.17	4 <sup>th</sup>
	200 Meter Dash	<i>Bobby Libby</i>	22.68	prelims
		22.56	4th	
1992	High Jump	Jeremy Hemmelgarn	6' 0"	
1995	1600	<i>John Auel</i>	4:26	7th
1996	400M Dash	<i>John Person</i>	49.99	4th
1997	400m Dash	<i>John Person</i>	50.40	6th
	Shot Put	Chris Patullo		
1998	200m Dash	John Person		
	400m Dash	<i>John Person</i>	49.06	2nd
	300m Hurdles	Denver Peterson	DQ	
2000	Shot Put	Evan Patullo		
2001	High Jump	<i>Andy David</i>	6'4"	7th
2002	High Jump	<i>Andy David</i>	6'3"	6 <sup>th</sup>
2003	Shot Put	<i>Lucas Scheel</i>	52'09.25"	8th
	Discus	<i>Lucas Scheel</i>	154'00"	8th
	High Jump	Kevin Skalicky	6'02"	10th
	400m Dash	Josh Schultz	51.16	prelims

## *Boys State Track & Field Entrants*

<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time</u>	<u>Place</u>
2004	100m Dash	Andy Koch	11.89	prelims
	110m High Hurdles	Kevin Skalicky	16.68	prelims
	400m Dash	Josh Schultz	51.00	prelims
	1600m Run	John Kallemeyn	4:26.12	
	3200m Run	<i>John Kallemeyn</i>	9:28.98	6 <sup>th</sup>
	3200m Run	Tony Thompson	9:53.23	
	Shot Put	<i>Lucas Scheel</i>	55'00"	8 <sup>th</sup>
	Discus	<i>Lucas Scheel</i>	164'02"	2 <sup>nd</sup>
	High Jump	Andy Gothe	6'02"	10 <sup>th</sup>
	High Jump	Kevin Skalicky	6'00"	14 <sup>th</sup>
2005	<i>110m High Hurdles</i>	<i>Kevin Skalicky</i>	<i>15.32</i>	<i>prelims</i>
			<i>15.71</i>	<i>7<sup>th</sup></i>
	<i>300m Hurdles</i>	<i>Travis Carlson</i>	<i>41.04</i>	<i>prelims</i>
			<i>41.21</i>	<i>8<sup>th</sup></i>
	800m Run	Anthony Held	2:00.74	prelims
	1600m Run	Zach Varty	4:40.28	16 <sup>th</sup>
	Long Jump	<i>Lee Frederickson</i>	20'08"	9 <sup>th</sup>
	High Jump	<i>Matt Clauer</i>	6'04"	5 <sup>th</sup>
	High Jump	<i>Andy Gothe</i>	6'02"	7 <sup>th</sup>
2006	110m Hurdles	Travis Carlson	17.01	prelims
	300m Hurdles	Travis Carlson	41.36	prelims
	800m Run	Anthony Held	2:00.05	prelims
	3200m Run	Zach Varty	9:58.48	17 <sup>th</sup>
	Pole Vault	Zech Bertilson	13'00"	11 <sup>th</sup>
	Triple Jump	Matt Clauer	41'5.5"	12 <sup>th</sup>
	2006	<i>High Jump</i>	<i>MattClauer</i>	<i>6'7"</i>
2007	400m Dash	Danny Klotz	51.44	prelims
	800m Run	Anthony Held	1:55.94	prelims
	4x400m Relay	<i>Danny Klotz</i>	3:24.32	<i>prelims</i>
		<i>Blake Murdock</i>	3:26.11	<i>6<sup>th</sup></i>
		<i>Matt Arens</i>		
		<i>Anthony Held</i>		
	Pole Vault	<i>ZechBertilson</i>	13'06"	9 <sup>th</sup>
	Triple Jump	Matt Clauer	42'2.25"	13 <sup>th</sup>
	High Jump	<i>Matt Clauer</i>	6'07"	2 <sup>nd</sup>
High Jump	Nick Held	6'00"	14 <sup>th</sup>	



## **Boys State Track & Field Entrants**

<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time</u>	<u>Place</u>
2008	300m Hurdles	Ryan Maloney	40.04	prelims
			42.09	8th
	800m Run	Anthony Held	2:02.22	prelims
	High Jump	Taylor Berger	6'2"	
2009	110 High Hurdles	Ryan Maloney	15.55	prelims
	300 Hurdles	Ryan Maloney	39.96	4 <sup>th</sup>
2010	200 Meter	Taylor Berger	22.92	prelims
	300 Hurdles	Matt Buhmann	39.52	prelims
2012	300 Hurdles	Logan Grace	40.49	8 <sup>th</sup>
	300 Hurdles	Logan Grace	39.82	prelims
2013	4 x 800 M Relay	Cole Konczal	8:21.15	15 <sup>th</sup>
		Fanaka Ndege		
		Lucas Trapp		
		Ryan Trapp		
2013	400 Meter Run	Morris Dennis	49.24	prelims
			50.41	9th
	4 x 200 M Relay	Issac Schwab	1:30.77	10th
		Morris Dennis, Trent Pink Denis Bardashevskiy		
2013	4 x 400 M Relay	Logan Grace	3:22.10	prelims
		Riley Filipovich	3:24.26	8th
	4 x 800 M Relay	Ryan Trapp	8:20.86	15th
		Morris Dennis (pre-lims and Fanaka Ndege finals)		
2014	400 Meter Run	Lucas Trapp	48.78	prelims
			49.64	6 <sup>th</sup>
	800 Meter Run	Lucas Trapp	1:54.93	prelims
			1:53.51	3rd
4 x 400 Relay	Matt Olson	3:21.35	prelims	
	Lucas Trapp	3:29.25	9th	
	Nate Wallestad Morris Dennis			
1600 Meter Run	Lucas Trapp	4:43.90	15th	

## **Boys State Track & Field Entrants**

<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time</u>	<u>Place</u>
2015	4 x 100 M Relay	Austin Gibson, Mark Swann	43.32	prelims
		Jacob Buhl, Chris Udalla	43.88	9th
	4 x 400 M Relay	Reed Marohn, Jacob Buhl		
		Justin Pearson, Noah Weege	3:30.22	14th
	4 x 800 M Relay	Mitch Weege, Cory Warner,		
		Tyler Hudson, Jacob Heyne	8:16.62	13th
	1600 Meter Run	Christian Leonard	4:32.99	14th
	Triple Jump	Christopher Udalla	45'00.25"	5th
	Pole Vault	Chris Thorndahl	13'03"	6th
		<b>800 Meter Run</b>	<b>Lucas Trapp</b>	<b>1:50.80</b>
2016	4 x 100 M Relay	Jack Kolar, Mark Swann	42.91	prelims
		Justin Pearson, Matt Dahlson	43.03	7th
	4 x 400 M Relay	Christian Leonard, Jacob Heyne	3:22.47	prelims
		Justin Pearson, Lucas Trapp		
		Noah Weege, Jacob Heyne		
		Lucas Trapp, Justin Pearson	3:29.59	9th
	4 x 800 M Relay	Jacob Heyne, Cory Warner	7:59.05	7th
		Tyler Hudson, Christian Leonard		
	100 Dash	Christopher Udalla	11.22	prelims
		Mark Swann	10.95	prelims
			11.24	8th
	200 Dash	Mark Swann	22.65	prelims
		<b>800 Meter Run</b>	<b>Lucas Trapp</b>	<b>1:57.75</b>
			<b>1:50.21</b>	<b>1st</b>
1600 Run	Christian Leonard	4:40.79	18th	
Long Jump	Christopher Udalla	DNC (injury)		
Triple Jump	Christopher Udalla	45-11.75	2nd	
Pole Vault	Jack Kolar	12-06.00	15 <sup>th</sup>	

## **Boys State Track & Field Entrants**

<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time</u>	<u>Place</u>
2017	4 x 100 M Relay	Zach Berg, Matt Dahlson	42.82	prelims
		Justin Pearson, Chris Udalla	42.80	3rd
	4 x 400 M Relay	Christian Leonard, Justin Pearson Jacob Heyne, Noah Weege	3:25.35	prelims 12 <sup>th</sup>
	200 Dash	Justin Pearson	22.49	prelims
			21.89	7th
	800 Run	Jacob Heyne	1:57.04	prelims 10th
	1600 Run	Christian Leonard	4:27.04	8th
	300 Hurdles	Matt Dahlson	39.43	pre-lims
			39.14	5th
	Long Jump	Christopher Udalla	22-08.25	2nd
Triple Jump	Christopher Udalla	46-07.75	1st	
2018	4 x 800 M Relay	Thomas West, Lucas Gustafson Grant Warner, Joe Gustafson	8:12.25	11th
	800 Run	Thomas West	2:00.52	15th
	High Jump	Jared Stanke	NH	
2019	1600 Run	Lucas Gustafson	4:21.85	10th
2020	SEASON CANCELLED DUE TO COVID - 19 PANDEMIC			
2021	100 Dash	Matt Beaudry	11.25	18th
2022	High Jump	Yube Badio	6'0"	14th

## ***Boys State Track & Field Entrants***

<u>Year</u>	<u>Event</u>	<u>Entrants</u>	<u>Time</u>	<u>Place</u>
2023	Shot Put	Ethan Hogan	50'05"	11th
	Discus	Simon Bicek	132'05	14th
	Triple Jump	Matt Beaudry	39'10.50	20th
	400	Alex Artmann	50.95	14th
	800	Sawyer Rueckert	1:59.24	15th
	100 Wheel Chair	Logan Hovanetz	25.39	3rd
	200 Wheel Chair	Logan Hovanetz	49.56	2nd
	110 Hurdles	Brecken Keoraj	15.96	14th
	4 x 100 Relay	Brecken Keoraj, Levi Harris Owen Westberg, Matt Beaudry	42.75 43.10	prelims finals: 8th
	4 x 400 Relay	Owen Westberg, Alex Artmann, Levi Harris, Matt Beaudry	3:26.56	12th



**Sawyer Rueckert: 800 Meter State Qualifier**



**Simon Bicek: Discus State Qualifier**



**4 x 400 Section Champs and State Qualifier (Westberg, Artmann, Harris, Beaudry)**



**Ethan Hogan: All Conference HM and State Qualifier in the Shot Put**



**Hurdle Section Finals: Darloh Balsidya, Joe Kamara, Brecken Keoraj, Coach Auel**

## **Elk River Boy's Track and Field History**

According to records, Elk River's first track and field team competed in 1939-40. There were a total of two lettermen on that team, D. Dahlheimer and J. Perry.

For the 1941-42 season, Ron Sass, who was a former head coach at White Bear Lake, was a member of the Elks Track and Field Team. He competed in the high jump and the long jump.

In 1944, Red Billings was a standout for the Elks as he placed 2nd in the District 16 meet and was the Region IV Champions. Two of the outstanding performances turned in were by Lloyd Gray and the 4 x 800 relay team of Lloyd Gray, Rollie Hanks, Gene Sellon and Paul Ebner which 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 1/2 point out of 1st place.

In 1961 there were fourteen lettermen.

The 1965 Track team advanced two entrants to the state meet. Walt Malmstrom, qualified in the 880 Yd run and placed 3rd. The mile relay of Carl DeMars, Walt Malmstrom, Dick Lenz and John Macintyre also qualified. 1965 was a good year!

In the spring of 1966 Walt Malstrom again qualified for the State track and field meet and again placed third. His time of one minute fifty four seconds is not only the Elk River school record, but stands as one of the best 880's ever run in the State meet in Minnesota. Also qualifying for 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 second in the Rum River Conference. The Elks also had two entrants at the State track meet. Frank Kopetka placed 5th in the long jump with a leap of 21 feet 9 1/2 inches, and Mike Lefebvre qualified in the 100 Yd dash.

Things really began to look good in the spring of 1972 as the Elks won the St. Francis Invitational, Rosemount Invitational, Rum River Conference, and 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 4A meet. This was the first year that the State meet was split into classes, and Elk River participated in Class A with two entrants. They were Jeff Hawkins, who won the high hurdles and placed third in the low hurdles; and Steve Smith who qualified in the high hurdles and the long jump, but could not compete because of a bad hamstring pull. The 1973 team broke twelve school records.

The 1974 season was the best yet for the Elks. Team results were: Rum River Champions, Princeton Invite Champions, Region IV A Champions and the State Class A runner-up. The Elks had three state entrants; Jeff Hawkins, Steve Smith and Dan Reemts. Jeff won the high hurdles in a time of 14.6, the low hurdles in 19.8, and made finals in the 100 Yd 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 that year.

1975 was a year of surprise! 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 two mile relay 8:12, and the one mile relay 3:26. Bruce Powers, Brian Klemz, Daryl Boyd, and Gregg Skuza broke the school record in the Sprint Medley relay teams placing 4th in the State meet. Steve Brant also qualified for the finals in the 880 Yd run in the State meet. This was the last year of the Elks competing in the Rum River Conference and the 4th year in a row they were Rum River Champs.

1976 found the Elks in the Skyline Conference. The Elks had one of the 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 the 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 six 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, the Elks would not be in a conference; second, the Elks had two new coaches; the head coaching position was taken by Rollie Ring-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 that eleven sophomore records were broken and one tied. The experience from the Jr. High and the hard work during the season paid 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 looked very promising.

1978 was a great year! If you look at the competition and schedule, you might say it was one of the Elks greatest season. 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 and a 4th place finish in Region IV AA, the Elks proved that they could compete with the best. Along the way seven varsity records were broken.



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 PR's (personal records) during the year, and if you can measure success by how many PR's were set, the Elks had a very successful season. Many new goals and challenges will greet the Elks in 1979.

Injuries and success both dominate the 1979 season. Injuries to five key lettermen dampened the teams chances for any championships. On the other hand, individual efforts by several key people brought them 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. Three varsity school records were broken and one was tied, while one sophomore record was broken and another tied. In addition, many other Elks contributed to the overall effort of the 1979 team. Although the 1980 Elks will be without fourteen 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 the numbers and few in experience. The highlights of the year were the records broken and tied, and Mike Donahue's 7th place finish in the state meet in the long jump. Steve Bye broke the sophomore one and two mile records, Keith Barnier, the sophomore intermediate hurdle record, Bret Hoaglund the sophomore 220, Mike Donahue the triple jump, and Jeff Zerwas tying the pole vault record. With Colin Anderson training towards a birth 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 Chieftain Invitational and 4th in the Region IV AA meet. The Elks also had five people in three events at the State track and field meet. They were Mike Donahue in the long jump, Keith Barner in the intermediate hurdles, and a 440 relay team of Mike Donahue, Ray Schreckenghaust, Bret Hoaglund, and Lance Hoaglund. 1981 saw the Elks break four varsity school records, tie one and break two sophomore school records. With the loss of only six 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 placed 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 Barner, 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. It seemed that for most of the season, they were never out of the big meets during the year, but they just couldn't seem to put it together. The question wasn't if the Elks could do it, but when? It all happened the last three weeks of the season. The culmination of the season was that the Elks qualified the most people they ever had for the state meet. They were: Jeff Smith, who did the high jump; Craig Krupke's events were the high hurdles, intermediate hurdles, and the mile relay, Pat Carr did the 400, sprint medley relay and mile relay; Ray Schreckenghaust-200, long jump and mile relay; Mark Ollila and Paul Lutz, alternates, and finally Eric Nystrom-sprint medley relay. Five of these Elks returned 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 five 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 four people in five 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 6th place in the intermediate hurdles. The Elks broke two varsity school records, tied one and broke two sophomore records. The 1984 Elks graduated 20 seniors, so 1985 will be a rebuilding year. With the addition of a new all-weather track and the Elks joining the tough North Suburban Conference, 1985 will also be a very interesting year.

1985 was a new experience! The boys and girls track and field teams were combined under one coaching staff for the first time ever. It was also a tough year for 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 two varsity and three sophomore records. With many returning lettermen, the 1986 season should find the Elks moving up in the conference standings.

The Elks broke five Sophomore and two varsity school records in 1986 and topped it off with Gregg 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 Region IV AA meet. With all the people that should be returning next year, 1987 looks optimistic.

The 1987 Elks were injury ridden and young. The highlights of the season were the consistency of the two mile relay team and the running of two mile Mike Kuffel. With a healthy team in 1988 and a new conference to compete in, the Elks should be able to contend for the conference title.

A good mix of seniors, juniors, and sophomores helped the 1988 Elks to a 4th place finish in the North Suburban Conference. Even though no varsity records were broken, several Elks were close. The sophomores, however, did break two sophomore records. The Elks will need a lot of new talent to move up in 1989.

1989 found the Elks lacking in numbers and depth. Bobby Libby, a senior out for the first time, provided most of the excitement as he broke the Elk River varsity and Region IV AA 100 meter dash record with a time of 10.80. Libby, Dave Goodin, and Mike Erickson qualified for the state meet and did well. 1990 could be a lean year.

Lacking experience and numbers, the 1990 Elks were able to only place 5th in the North Suburban conference meet. The only record broken was the sophomore high jump record, which was broken by 9th grader Jeremy Hemmelgarn. With more numbers, the 1991 Elks could improve quite a lot.

Numbers were low and the team was very young in 1991. Records were set by Jeremy Hemmelgarn in the high jump and the 100.

The 1992 team was young and inexperienced. It was a very tough season. Jeremy Hemmelgarn provided most of the highlights with his sprinting and jumping events. Jeremy qualified for the state meet in the high jump. 1993 could be a good one.

1993 was best known for the fact that it was the last season of coaching track and field for "Sag." Coach Guenther Sagan decided to hang up his stopwatch and rest his voice after 23 years of coaching track and field at Elk River Senior High School. Best wishes and thanks for those he worked with. The sophomores broke 3 records this year and it looks the 1994 season could be very good.

The boys had an average year in 1994. Sean Gothier took over as the boy's head coach. Coach Gothier's goals were to get more numbers out for Track and to establish expectations for the program. Both the boys and the girls had few seniors on their rosters and assuming everyone comes back out in 1995, the potential for an improving year is there.

Numbers increased in 1995 and there were some good highlights for the 1995 Boys Tracksters. Seventeen boys moved on to the Region Finals in Moorhead. There were many outstanding performances, one being by John Auel who moved on to the state meet placing seventh in the 1600 . John also set the All-Time Elk River 1600 meter record. The boy's team placed 4th at Subsections and 9th place at Regions. The team also improved by placing fifth at True Team. The 1996 outlook is good. The Elks have 23 returning letter winners. The team has increased its members the last two years and should also increase numbers this year. The excitement of the 1996 squad should be high, as they strive to reach the top of the pack.

1996 season proved to be one the more successful years in a while. The boys placed 4th in True team, 4th in the Conference and 2nd in the Subsection. The boys finished the season by placing 5th out of 13 teams in Section 8AA. John Person and Chris Patullo set Sophomore records. John Person eventually went to the State Track Meet, placing 4th in the 400 (49.99). John also ran the 200 at State but did not qualify for Finals.

The 1997 squad proved that hard work and dedication pays off. The Elks had an exceptional year and proved to be one of the top ten teams in the state. The Elks won the True Team Section 4AAA Meet and advanced to the State Meet placing 7th. The Elks than challenged for the Conference Championship, coming up short in the 4x400 relay. At Subsection, the Elks placed first and many athletes advanced to the Regions. In the Region Meet the Elks placed second out of 13 teams, losing to a tough Alexandria team. John Person and Chris Patullo, both Juniors, advanced to the State Track Meet. After a very successful 1997 year, the Elks should be very optimistic for the 1998 season. Senior leadership and off season dedication will be very important for a Championship year.

The team started off 1998 with great success winning the True Team Region Meet and advancing once again to the State True Team Meet. The State True Team Meet encountered bad weather and was rescheduled for the following week. This created a problem for the Elks. They had three big meets in one week, including the Conference Meet, which the boys really wanted to win. The team decided to skip the True Team Meet to keep them from injury and keeping their legs fresh. It was a smart decision by the team. The Elks went on to blow by Coon Rapids, avenging a controversial loss in 1997 and winning the schools first Twin City Suburban West Conference Title! Two days later the Elks won the Subsection, advancing many athletes to the Region Meet. Three hurdlers, Denver Peterson, Nick Blaske, and Paul Martin dominated the 110's and 300's throughout these big meets. John Person had great success in the 100, 200, and 400. He tied the school record in the 100 and set the 200 and 400 records. He holds the conference record in the 200 and 400. The team advanced many athletes to the Region Meet, placing second behind Alexandria. Two years in a row they were the Region Runners-Up. John Person and Denver Peterson advanced to the State Meet. John placed second in the 400, while Denver made it to the final nine and was disqualified on a hurdle infraction. 1998 was the last season for Coach Sean Gothier. For family reasons, Coach Gothier chose to leave Elk River. Coaches and athletes appreciate the fine job and dedication Coach Gothier showed in his years at Elk River.

1999 brought Coach Bill Martell from Idaho to our school. The highlight of the season was a school record in the 4 X 800 Relay. Lance Dehn, Brian Wold, Brad Wick, and Peter Stewart set the new mark of 8:08.79. They were also conference champions in that same event. Major meet team finishes were: True Team Section 4AA- 6th of 8, Twin Cities Suburban West Conference--6th of 7, South Sub-Section 8AA- 6th of 7, and Section 8AA- 10th of 14.

In the 2000 season the boys could never quite put things all together as a team. Without a lot of depth everyone would have to stay healthy for good team scoring, that did not happen. True Team Section 4AA found the Elks 4th, Twin Cities Suburban West Conference 6th, South Sub-Section 8AA 4th, and Section 8AA 11th. Individually, Evan Patullo placed 10th at the State Meet in the shot put. The underclassmen revealed a nice pool of talent, leading many to believe that next season could be even more successful.

The 2001 season found the Elks going Coed again under the Girls Coach, Russ Gnan. The Elks had some individual stars throughout the season, but lacked overall depth to contend in larger meets. Team results were: 3rd with the girls in the Eden Prairie Invite, 4th in True Team Section 4AAA, 4th in the Northwest Suburban Conference, 3rd in South Subsection 8AA, and 9th in Section 8AA. Individual highlights for the Elks was the breaking of the 20 year old school record in the 4x100m. This was done by Ben Powers, Jeremy Chouinard, Joel Korte, and Chris Lange. The other highlight was Andy David earning All State Honors in High Jump by placing 7th. Jeremy Chouinard broke the Sophomore records in the 100m and 200m Dashes. The Elks are graduating a lot of important seniors. 2002 will need to be a hard working team in order for the Elks to be successful.

The 2002 season found the Elks with a lot of new young talent. Team results were: 3rd in the Eden Prairie Coed Invite, 4th in True Team Section 4AAA, 5th in the Northwest Suburban Conference, 3rd in South Subsection 8AA, and 8th in Section 8AA. Individual highlights for the Elks were: Andy David tying the school record in the High Jump. Andy earned All State Honors in High Jump by placing 6th. John Kallemeyn broke the Sophomore record in the 3200m Run and Lucas Scheel broke the Sophomore Discus record. The Elks found a lot of young talent this year. It should lead to better team results in the future. Good luck to graduating seniors competing collegiately.

The 2003 season was a STEP UP for the Elks. The team was fourth in True Team Section 4AAA, 3rd in the Northwest Suburban Conference, 1st in the South Subsection 8AA, and 3rd in Section 8AA. Individually the Elks sent 3 athletes to the state meet. Lucas Scheel qualified in the Shot and Disc, placing 8th in both and earning All State Honors. Kevin Skalicky qualified in the High Jump and Josh Schultz was in the 400m. John Kallemeyn broke the twenty year old 3200m run record. Kevin set Sophomore records in both the High Jump and Triple Jump. Josh broke the Sophomore 800 record and he teamed up with Collin Ostrout, Travis Fisher, and Lee Frederickson to set the Soph 4x400 record. The Elks graduated very few athletes in 2003. The 2004 season should be a chance for the team to Accomplish Great Things.

2004 found the Elks at the top. The 2004 version was the best Elks team since 1983. The Elks won the True Team Section 4AAA and Section 7AA Championships. The Elks placed 6th at AAA True Team State (Best showing yet) and were 2nd in the NWS Conference meet. Individually, the Elks enjoyed a lot of success. 5 school records and 2 sophomore records were set this season. Lucas Scheel broke both the Shot Put & Discus records. John Kallemeyn broke both the 1600m and 3200m records. He also joined with Tony Thompson, Josh Schultz, and Kevin Dusbabek to break the 4x800m relay record. Lucas (shot & disc) and John(3200m) earned All State Honors. They were joined at state with Tony Thompson(3200m), Andy Koch (100m), Kevin Skalicky (High Jump & 110m Hurdles), Andy Gothe (High Jump), and Josh Schultz (400m). The seniors of 2004 were the backbone of our team. We thank them for sticking with track and reaping the rewards of all their hard work. Good luck in college!

2005 was a learning year for many younger Elks. The year started out rough with a 4th place finish in True Team Section, a 7th place finish in the conference, but the Elks peaked with a 30+ point win in Section 7AA, their second in a row. 4 sophomore records were set this season. Kevin Skalicky (110m Hurdles), Andy Gothe (HJ), and Lee Frederickson (LJ) capped off their careers by competing at the State meet and earning All State Honors. Matt Clauer (HJ) and Travis Carlson (300m Hurdles) also earned All State Honors this year. Joining that fivesome at state was Zach Varty (1600) and Anthony Held (800). Due to a disagreement in terms between the Minnesota State High School League and the Blaine Sports Center this would be the last year the State Meet will be held at the Blaine Sports Center. With a talented Junior class returning next year, 2006 should be an exciting year for the Elks.

The 2006 version of the Elks had some very good athletes who did most of the scoring. The team placed 4th in Section 4AAA True Team, 5th in the Conference and 2nd in Section 7AA. The Elks were led by a solid group of state entrants. These athletes would experience the first state meet held at Hamline University. Matt Clauer earned All State Honors and tied a school record in the High Jump. Travis Carlson(110 & 300m Hurdles), Anthony Held (800), Zach Varty (3200), and Zech Bertilson, who also set a school record, (Pole Vault) were also state entrants and leaders of our team this year. The Elks need to find some depth to contend in True Team scoring, but should excel in regular meets with an outstanding core group of athletes returning. Good luck to graduating seniors!!

The 2007 Elks were led by a talented group of seniors. The team placed 5th in Section 4AAA True Team, 6th in the Conference and 2nd in Section 7AA. Matt Clauer and Zech Bertilson both broke their own school records and earned All State Honors in 2007. They were joined at state by the first Elk River relay in 23 years. Danny Klotz, Blake Murdock, Matt Arens, and Anthony Held placed 6th to earn All State Honors as well. Nick Held (HJ), Danny (400), and Anthony (800) were also individual state qualifiers. The Elks are losing a very talented senior class and are going to need a lot of young athletes to step up for next season.

2008 was a year of youth and inexperience. The Elks were 6th in True Team Section 4AAA, 10th in the Conference, and 4th in Section 7AA. Ryan Maloney was All State in the 300m hurdles, he was joined at state by Anthony Held (800m). The Elks had 1 All Conference, 1 All State, and 1 All State Academic athlete this season. Good luck to graduating seniors!

2009 was a restructuring year for the track program as boys and girls distance coach Brian Gilbertson added boys head coaching duties to his job. Together with girls coach Russ Gnan they would continue to work as a coed program with administrative duties divided. This would be another young year for the boys as five seniors comprised the sophomore heavy team. Several personal gains were made, but the Elks youth were no match for one of the strongest fields in Conference History. However, the boys' commitment down the stretch would allow them to match last year's 4th place section finish. Ryan Maloney was the lone Elk to advance to State as he was section champion in both the 110 and 300 Hurdles. Ryan would end his high school career with a 4<sup>th</sup> place all-state finish in the 300 Hurdles.

2010 for the Elks was a great freshman recruiting year. Several freshmen made or pushed for Varsity spots which will be encouraging for our years to come. The 33 year old sophomore and under 4 x 800 record was broken by Riley Filipovich (9), Fanaka Ndege (9), Ryan Trapp (9), and Cole Konczal (10). Taylor Berger broke the Varsity 200 Meter record and helped break the Varsity 4 x 100 Relay Record with teammates Matt Buhmann, Cory Choiunard, and Zach Holbrook. Standout seniors Taylor Berger (200) and Matt Buhmann (300 Hurdles) capped off their careers with one-way tickets to the state meet. Matt would end with a hard earned all-state performance finishing 8<sup>th</sup>. The Elks would end their season with 4 all-conference, 1 conference honorable mention, 1 all-state, and 4 academic all-state performances. Thank you veteran seniors for the impact you made not only for yourselves, but in paving the way for others!

2011 was a good year for depth and numbers. The team had a good balance of seniors and underclassmen. The Elks moved up two spots to 5<sup>th</sup> in True Team Section scoring from last year. Robbinsdale-Armstrong joined the Northwest Suburban Conference to add another strong team to the mix of conference talent to total 11 teams. The Elks would finish 8<sup>th</sup> in the conference with 1 All-Conference Athlete in Cory Chouinard in the 200 and long jump. Similar to True Team Sections, the Elks moved up two slots to 5<sup>th</sup> in the 7AA section meet. Individually, the Elks were short in sending anyone to the state meet. The 4 x 800 relay of Fanaka Ndege, Lucas Trapp, Aaron Balcolm, and Riley Filipovich broke the Sophomore and Under record and Ryan Trapp broke the sophomore and under 1600 meter record. Next year should be a year of great depth again. Who will lead and who will push for top-end talent will determine how we will do as a team performance wise. Thanks seniors for setting the tone for the years ahead.

2012 was a year which showed the Elks are heading in the right direction. The Elks moved up from 8<sup>th</sup> to 7<sup>th</sup> in the Conference and from 5<sup>th</sup> to 3<sup>rd</sup> in the Section meet. Several Veterans improved and rookie talent provided solid varsity spots. All conference honors went to Logan Grace, Ryan Trapp, Lucas Trapp, Riley Filipovich, and Cole Konczal. The MSHSL decided to allow the top 2 relays from the section to advance to the State Meet compared to only the top relay qualifying for State in years past. This would be a big blessing as the 4 x 800 relay team of Cole Konczal, Fanaka Ndege, Ryan Trapp, and Lucas Trapp broke the school and section record, but finished 2<sup>nd</sup> by .04 seconds they would advance to the state meet. Logan Grace would join the relay at State in the 300 Hurdles. This was the first year Class AA would have wheelchair participants at the state meet, only two competed this year, but will more than likely pave the way for others as we expand the sport of track and field. Next year should be a big year for the Elks as several return.

2013 was the season of what several say was the worst weather they have experienced in the history of spring sports in the state of Minnesota. The first outdoor meet after 6 were cancelled was held on April 25<sup>th</sup>. We were fortunate to have 4 indoor meets, which gave us a much needed break from "the hallways of ERHS". After staying positive and finally getting outside, we were able to accomplish some of our team goals. We moved up in team points and placed in our 3 big meets: True Team Section 3<sup>rd</sup>, Conference 4<sup>th</sup>, and Sections 3<sup>rd</sup>. We did miss our ultimate season goal of advancing to true team state by a mere 15.5 points to a solid Champlin Park team. The 4 x 100 Relay of Devin Donelson, Issac Schwab, Zach Ernst, Denis Bardashevskiy, 4 x 200 Relay of Issac Schwab, Morris Dennis, Trent Pink, Denis Bardashevskiy, and 4 x 400 Relay of Logan Grace, Riley Filipovich, Morris Dennis, Ryan Trapp broke school records this year and the 4 x 200, Section 7AA record breaking 4 x 400, and 4 x 800 relay of Lucas Trapp, Mitch Weege, Nate Webster, Ryan Trapp along with Morris Dennis in the 400 would qualify for the state meet. In this final meet after the final race, 4 senior captains stood tall on the podium to receive their medals, the medals were filled with class, character, hard work and represent what the team stood for. As for the seniors, I think any coach who had the opportunity to work with this group of seniors this year in any sport knows how fortunate we were.

2014 was another year of cancelled meets and rough weather early in the season. The Elks loaded up with a big freshman class that rivals that of 2009 which is promising for the future. As a team we did not score as high as we had in the past two seasons mainly due to a small upperclassman size (7<sup>th</sup> at True Team Section, 9<sup>th</sup> in NWSC and 5<sup>th</sup> in section 7AA) However, we were very entertained with the top end talents of Lucas Trapp, Morris Dennis and 4 x 400 relay. Lucas Trapp broke the oldest Elk River Record to date in the 800 meters held by Wally Malmstrom since 1966. Lucas would run a 1:53.51 which would also earn him a 3<sup>rd</sup> place finish at the state meet. This time ranks him 3<sup>rd</sup> on the Minnesota All-Time Sophomore List in the 800 meters and is the 32<sup>nd</sup> fastest time in the history of Minnesota. Morris Dennis would break Elk River's 400 meter record in 48.78 good for 6<sup>th</sup> place at the state meet which ties him for the 57<sup>th</sup> fastest time in the history of Minnesota. Lucas and Morris would team up with seniors Nate Wallestad and Matt Olson in the 4 x 400 relay to do the following: Drop 11 seconds in the Conference meet to capture the 3<sup>rd</sup> consecutive 4 x 400 championship for the Elks in the tough NWSC. In the most memorable section meet, consisting of 3 lightning delays, they would run their second fastest time of the season in gusting winds and a downpour (Lucas split a 48.8). In the State Pre-lims they would break the school record in a time of 3:21.35 including a 47.8 split from Morris launching them into the state finals. Unfortunately, they were wiped out come State Finals time, but still would podium with an all-state 9<sup>th</sup> place finish, record the 4<sup>th</sup> fastest time in the state this season and rank 67<sup>th</sup> on the All Time Minnesota's fastest 4 x 400 list. Who will be ready to compete for the top 4 spots next season?

2015 was a great year for the Elks as they moved up in all 3 of the big meets: 3<sup>rd</sup> in True Team Sections, just missing state by 6.5 points, Tied for 4<sup>th</sup> in the conference, and winning the Section 7AA Championship. The Northwest Suburban Conference would go from 11 teams to 14 teams with the addition of Irondale, Spring Lake Park, and Totino Grace. The State meet would go real well for the Elks. The 4 x 800 team of Mitchell Weege, Cory Warner, Tyler Hudson and Jacob Heyne would finish 13<sup>th</sup>. The 4 x 400 team of Reed Marohn, Jacob Buhl, Justin Pearson, and Noah Weege would finish 14<sup>th</sup>. Rookie Christian Leonard would finish 14<sup>th</sup> in the 1600 meter run. The 4 x 100 Relay team of Austin Gibson, Mark Swann, Jacob Buhl, and Christopher Udalla finished an all-state 9<sup>th</sup> place and broke the 4 x 100 meter Varsity Record earlier in the year. Chris Thorndahl qualified for the state meet in a jump off for second place at the section meet to advance and then finished a strong 6<sup>th</sup> at the State Meet. Christopher Udalla would break Craig Otto's 1984 triple jump record and finish an all-state 5<sup>th</sup> place. Lucas Trapp was State Champion in the 800 Meter Run and moved up to 6<sup>th</sup> on the Minnesota All Time Fastest list in the 800 meter run. The Elks will lose some top end seniors. Next year could be the best season in a decade if we can fill those spots and come into the season ready to work.



In 2016 we answered the call and came in ready to work. This year's team is considered by many to be the best team in the history of Elk River Track and Field. True Team section Champions, Conference runner-up, 8<sup>th</sup> Place AAA True Team State, Section 7AA Champions, and 5<sup>th</sup> place at the MSHSL AA State Meet. The team would start off by winning the Mankato Indoor Meet and set the stage for an outstanding season. School records were set by Lucas Trapp in the 800 (1:50.21), Christopher Udalla in the Triple Jump (47-01.75) and Long Jump (22-09.50), Mark Swann in the 200 (22.27), the 4 x100 team of Udalla, Swann, Justin Pearson and Jack Kolar (42.77), the 4 x 800 team of Trapp, Jacob Heyne, Cory Warner, Christian Leonard (7:58.98), Udalla finished 2<sup>nd</sup> at the state meet in the triple jump and Lucas Trapp repeated as State Champion in the 800 Meter Run. Joining them for all-state honors were: Kolar, Pearson, Swann, Heyne, Warner, Leonard, Matt Dahlson, Noah Weege and Tyler Hudson. The Elks will graduate several top end distance runners, but will return several in the rest of the events. If the team is dedicated to getting stronger in the off-season and can reload with some younger distance runners 2017 could resemble 2016.

2017 was another amazing year for the Elk River Boy's Team. Several young distance runners, hurdlers, throwers, jumpers and sprinters did step up and improve and our senior leaders worked harder than any group in the off-season since the turn of the century. The season would start off with a second consecutive Mankato Select Meet Indoor Championship and build from here. The Elks won all 3 big meets: True Team Section (2<sup>nd</sup> consecutive), Northwest Suburban Conference (1<sup>st</sup> Conference Title in 20 years), and Section 7AA (3<sup>rd</sup> Consecutive). The team would finish 8<sup>th</sup> at True Team State and 8<sup>th</sup> at the State Meet just missing 2<sup>nd</sup> Place mere 4 points. Christopher Udalla would end his career with a state championship in the triple jump, second place in the long jump, and third in the 4 x 100 relay with Zach Berg, Matt Dahlson, and Justin Pearson. Dahlson (300H), Pearson (200), and Christian Leonard (1600) would also take the all- state podium. A crucial hamstring injury in the 5<sup>th</sup> week of the season to sprinter Mark Swann, a senior captain and off-season workout leader was the one lingering cloud that hung over the team and coaches. As difficult as this was, the team found ways to step up the best they could and perform at a high level. This group of seniors' passion for the sport of track and field has been like no other, they left a great mark and will continue to do so as many will compete in college, but more importantly in life.

2018 was another year of patience and running in the halls until we finally were able to have our first outdoor meet on April 25th. This was a year of reloading for the boys team and finished 3rd in True Team Sections, 10th in the NWSC Conference, and 4th in Section 7AA. The Elks qualified in 3 events to the state meet at a cold, wet section meet in Grand Rapids. Jared Stanke in the High Jump. Thomas West in the 800 and 4 x 800 relay along with Lucas Gustafson, Grant Warner, and Joe Gustafson. The Boys Team has a lot of Juniors which is encouraging for 2019 and will need some young recruits to go along with them if we are to have good team success.

2019 the boys took off where they left off and did the things necessary to win True Team Sections and advance to the True Team State Meet for the 3rd time in 4 years. This team was all about great leadership in all event areas which allowed the team to advance to True Team State. The boys were 8th in the NWSC and 4th in Section 7AA. Lucas Gustafson was the lone Elk to advance to the state meet in the 1600 where he would finish 10th. In the 7AA Section Meet there were a few heartbreaking 3rd place finishes which just missed the cut of advancing to the state meet. The team loses a lot of top end talent,

but a lot of depth returns. On paper we should have a very good in the throws, pole vault, 800, and horizontal jumps. The challenge will be to fill the graduation of Kevin Egbujor and Jared Stanke in the High Jump and Hurdle Events as they locked down those positions for the past 3 years if they were going to make another run at a True Team Section Title. This year we say goodbye to long-time Discus Coach Dave Anderson as he retires after coaching for 25 years. We wish him and his little red corvette the best!

2020 After one week of practice, the season was cancelled due to the Covid-19 Pandemic. This was not in the coaches manual or the student handbook, my hope is we all come back stronger in many ways after safety restrictions are lifted.

2021 What an interesting year. We started off the season with Covid-19 mask restrictions and pods of no more than 25 people. We were down 60% in total numbers which made things a challenge, but added a strong group of sophomores. We were without a track the entire season due to a new track and stadium rebuild which in the long run is going to be outstanding. Covid-19 restrictions began to lift as we went from four team separate gender meets to progressing to a somewhat normal end of the year. As a team we were 10th in both the Northwest Suburban Conference Meet (14 teams) and Section 7AA Meet (15 teams). This will be the last year of section 7AA as Minnesota is switching to a three class track and field system. This year's state meet was split by gender and held at St. Michael Albertville due to Covid-19 guidelines. Matt Beaudry was the only one to qualify for the state meet in the 100 Meter Dash. We look forward to getting back to a normal year and a brand new track facility. Thank you athletes and parents for your patience and adapting to our ever changing schedule.

2022 Through a lot of hard efforts and patience our track and field facility was finalized this year. Some improvements include: a 9 lane track, moving the throwing events closer to track, dual runways in all directions, 4 pole vault placement options, a larger high jump area, ability to run sprints/hurdles in either direction, and a display screen. We are truly blessed with our new facility. This was also a year of rebuilding for our team. We had a strong junior class this season and added some good young talent. Our team was 12th in the conference and 5th in the section. The state meet was held at STMA and was the first year the MSHSL moved from a two class to a three class system. Yube Badio qualified for state in the high jump in Class AAA. We are graduating Matt Binsfeld and Cameron Lehmann who spent multiple years on the team. Thanks for your leadership and good luck in the path that lies ahead.

2023 was a year of good surprise. The team added many rookies to the team who worked their way into the varsity line-up. The talented group of rookies combined with good senior leadership would help the Elks move up in all of the 3 big meets: 5th in true team section, 7th in in the NWSC, and 3rd in 8AAA sections. This year also tied 2004 and 2016 for the all time best for most events at 10 entered at the State AAA Track and Field Meet. The 4 x 100 sophomore and under record with a time of 43.96 was broke by Brecken Keoraj, Levi Harris, Owen Westberg, and Gavin Schmidt which stood for 15 years. Keoraj, Harris, Westberg, and Schmidt also broke the 4 x 200 sophomore and under record by more than 4 seconds. The All-State varsity 4 x 100 Record was also broke this season in a time of 42.49 by Keoraj, Harris, Westberg, and Matt Beaudry. Simon Bicek broke the discus sophomore and under record that stood for 21 years and qualified for the the state meet (He ranked 2nd in the state among Freshmen this year). The Elks qualified 10 events to the state meet, which ties the record for most state events (2004/2016). Logan Hovanetz became Elk River's first wheel-chair athlete and competed in the 100 and 200 at the state meet. Thank you parents for helping us host the first NWSC Meet at our new facility. Thank you seniors for sticking with the sport throughout your track career as you experienced many obstacles of a canceled season, not having a track, and putting up with your coaches along the way.

# ELK RIVER BOYS TRACK MVP'S

<u>YEAR</u>	<u>NAME</u>
1968	Bob Hawkins
1969	Bob Hawkins
1970	Emery LaPointe
1971	Mike Lefebvre
1972	Blaise Kraljic
1973	Jeff Hawkins
1974	Jeff Hawkins
1975	Steve Brant
1976	Brad Grupa
1977	Dan Kolles
1978	Rick Steblay
1979	Rick Steblay
1980	Brian Goldneman
1981	Mike Donahue
1982	Bret Hoaglund
1983	Ray Schrekenghaust
1984	Craig Krupke
1985	Jim Wallace
1986	Greg Paffel
1987	Mark Nystrom
1988	Mike Erickson
1989	Bobby Libby
1990	Joe Albrecht
1991	Ross Patullo
1992	Jeremy Hemmelgarn
1993	Jeremy Hemmelgarn
1994	John Auel
1995	John Auel
1996	John Person
1997	John Person
1998	John Person
1999	David Mismash
2000	Lance Dehn

2001	Chris Lange and Brian Wold
2002	Chad Compton
2003	John Kallemeyen and Lucas Scheel
2004	John Kallemeyen and Lucas Scheel
2005	Kevin Skalicky
2006	Matt Clauer
2007	Matt Clauer
2008	Anthony Held
2009	Ryan Maloney
2010	Matt Buhmann
2011	Mike Graber
2012	Logan Grace and Ryan Trapp
2013	Logan Grace and Ryan Trapp
2014	Morris Dennis and Lucas Trapp
2015	Lucas Trapp
2016	Christopher Udalla and Lucas Trapp
2017	Justin Pearson
2018	Thomas West
2019	Kevin Egbujor
2020	Season Cancelled due to Covid-19 Pandemic
2021	Matt Beaudry
2022	Yube Badio
2023	Matt Beaudry

## ELK RIVER TRACK POINT CLUB

The points club is based on the points that an athlete has earned for the team in a single season. The athlete earns the full points earned individually and one fourth of the points earned in relays (True Team Points are converted to Regular Scoring Method).

### 200 POINT CLUB

<u>Name</u>	<u>Points</u>	<u>Year</u>
Jeff Hawkins	235	1974
Christopher Udalla	225	2017
Mike Donahue	220	1981
Ray Schreckenghaust	216	1983
Rick Steblay	208	1982
Jeff Hawkins	202	1973
Ray Schreckenghaust	202	1982

## 150 POINT CLUB

<u>Name</u>	<u>Points</u>	<u>Year</u>
Bret Hoaglund	198	1982
Craig Krupke	190	1983
Christopher Udalla	183.61	2016
Pat Carr	181	1983
Steve Brant	177	1975
Lucas Trapp	170.5	2015
Steve Smit	164	1973
Christopher Udalla	163.41	2015
Bobby Libby	160	1989
Daryl Boyd	160	1975
Lucas Scheel	157.16	2004
Bruce Powers	152	1975

## 100 POINT CLUB

<u>Name</u>	<u>Points</u>	<u>Year</u>
Jeff Hawkins	148	1972
Gregg Skuza	148	1975
Bryce Dailey	146	1983
Dave Goodin	146	1989

## 100 POINT CLUB

<u>Name</u>	<u>Points</u>	<u>Year</u>
Matt Clauer	144	2007
Lance Hoaglund	143	1981
Ryan Maloney	142	2009
Greg Paffel	140	1986
Pat Carr	139	1982
Mike Erickson	138.5	1989
Bryce Dailey	138	1984
Craig Otto	135	1984
Ray Schreckenghaust	135	1984
Logan Grace	134.5	2013
Rick Steblay	134	1978
Bret Hoaglund	132.5	1981
Lucas Scheel	124.67	2003

Lucas Trapp	121.50	2014
Brad Grupa	119	1976
Glen Anderson	118.5	1984
Paul Lutz	117	1984
Matt Clauer	116.33	2006
Kevin Skalicky	111.66	2004
Lucas Trapp	111	2016
Greg Weber	110	1978
Jeff Stone	110	1978
John Kallemeyen	108.25	2004
Jeff Smith	108	1988
Steve Slavik	107	1977
Rick Steblay	107	1977
Nate Solars	106.25	2006
Keith Barnier	106	1982
Logan Grace	105.25	2012
Jeremy Chouinard	105.4	2001
Matt Dahlson	105	2017
Chris Lange	105	2001
Brian Klemz	105	1974
Jacob Buhl	103.99	2015
Steve Seth	103	1989
Duane Lakoduk	103	1973
Fanaka Ndege	103	2013
Taylor Berger	101	2010
Ryan Trapp	100.5	2012



**8TH PLACE ALL STATE 4 x 100 RELAY  
(Owen Westberg, Levi Harris, Matt Beaudry, Brecken Keoraj)**