

## 1993 Boys State Track & Field Meet Class "AA" Individual Medal Winners

### 100 Meter Dash

Place	Name	Grade	School/Team	Time
1	Ewings, Bob	12	Forest Lake	11.33
2	Brewington, Kahlil	12	Saint Paul Harding	11.64
3	Robinson, Ramone	11	Totino Grace	11.66
4	Hicks, Mo	11	Osseo	11.69
5	Grant, Neville	11	Minneapolis Washburn	11.69
6	Van Leer, Greg	12	Woodbury	11.73

### 200 Meter Dash

Place	Name	Grade	School/Team	Time
1	Ewings, Bob	12	Forest Lake	22.07
2	Melbourne, Randy	11	Minneapolis Washburn	22.13
3	Beadle, Scott	12	Moorhead	22.17
4	Van Leer, Greg	12	Woodbury	22.23
5	VanVoorhis, Tom	12	Apple Valley	22.40
6	Skulborstad, Matt	10	Rosemount	22.44

### 400 Meter Dash

Place	Name	Grade	School/Team	Time
1	Melbourne, Randy	11	Minneapolis Washburn	47.59*
2	Beadle, Scott	12	Moorhead	47.72
3	VanVoorhis, Tom	12	Apple Valley	48.55
4	Haley, Terry	11	Cretin-Derham Hall	49.32
5	Deutsch, Aaron	10	Stillwater	49.74
6	Lundin, Ryan	11	Forest Lake	50.05

### 800 Meter Run

Place	Name	Grade	School/Team	Time
1	Jones, Nika	12	Minneapolis South	1:56.96
2	Sutter, Jesse	12	Mankato East	1:57.69
3	Alexander, Joe	11	Winona	1:57.80
4	Billings, James	10	Eagan	1:58.13
5	Bunce, Erik	12	Stillwater	1:59.23
6	Heltemes, Chad	12	Saint Francis	1:59.40

### 1600 Meter Run

Place	Name	Grade	School/Team	Time
1	Virrig, Dan	12	Minneapolis South	4:18.83
2	Pemble, Dan	12	Moorhead	4:19.53
3	Pitman, Jared	11	Northfield	4:19.96
4	Stuhlfaut, Adam	11	Wayzata	4:20.24
5	Hoard, Pat	11	Wayzata	4:21.75
6	Hanson, Geo	12	Park Center	4:21.95

### 3200 Meter Run

Place	Name	Grade	School/Team	Time
1	Virrig, Dan	12	Minneapolis South	9:21.13
2	Hoard, Pat	12	Wayzata	9:23.94
3	Rahkola, Rauha	12	White Bear Lake	9:26.45
4	Bougie, Jon	12	Mounds View	9:29.59
5	Pitman, Jared	11	Northfield	9:33.77
6	Stanton, Brian	12	Alexandria	9:34.02

### 110 Meter High Hurdles

Place	Name	Grade	School/Team	Time
1	Deneen, Niles	11	Saint Paul Como Park	14.85
2	Rogan, Chris	12	White Bear Lake	15.14
3	Kramer, Aron	12	Stillwater	15.56
4	Bauer, John	12	Saint Cloud Apollo	15.62
5	Kaiser, Ray	12	Park, Cottage Grove	15.66
6	Haedt, Roh	12	Austin	15.91

### 300 Meter Intermediate Hurdles

Place	Name	Grade	School/Team	Time
1	Deneen, Niles	11	Saint Paul Como Park	38.56
2	Benson, Peter	12	Moorhead	39.34
3	Martin, Rob	12	Eden Prairie	39.71
4	Haedt, Roh	12	Austin	39.72
5	Cox, Chris	12	Rochester Mayo	40.18
6	Sanders, Jason	11	Champlin Park	40.52

### 4 X 100 Meter Relay

Place	School/Team	Time
1	Totino Grace (Durrell LeShore, Jason Bezdichek, Cory Hendricks, Ramone Robinson)	43.06
2	Woodbury	43.14
3	Apple Valley	43.23
4	Park Center	43.47
5	Forest Lake	43.53
6	Blaine	43.59

### 4 X 400 Meter Relay

Place	School/Team	Time
1	Moorhead (Bryce Karbel, Peter Benson, Jeremy Blake, Scott Beadle)	3:20.71
2	Forest Lake	3:23.26
3	Irondale	3:24.71
4	Stillwater	3:24.99
5	Apple Valley	3:26.20
6	Austin	3:26.51

### Sprint Medley Relay

Place	Name	Grade	School/Team	Time
1	Minneapolis South (Dan Seifert, Josh Kos, Nika Jones, Jose Coll)			3:33.41
2	Anoka			3:34.01
3	Woodbury			3:34.56
4	Monticello			3:37.17
5	Stillwater			3:37.47
6	Albert Lea			3:40.68

### Long Jump

Place	Name	Grade	School/Team	Distance
1	Pontius, Jon	12	Fergus Falls	23' 2"
2	Crutch, Flurohn	12	Park Center	22' 8 1/2"
3	Beadle, Scott	12	Moorhead	22' 6 1/2"
4	Halverson, Chad	12	Rochester John Marshall	22' 3 1/2"
5	Nielsen, Shawn	11	Cambridge	21' 11 3/4"
6	Reynolds, Tommy	11	Saint Paul Johnson	21' 9"

### Triple Jump

Place	Name	Grade	School/Team	Distance
1	Pontius, Jon	12	Fergus Falls	46' 7"
2	Johnson, Adam	12	Irondale	46' 0 1/4"
3	Haedt, Roh	12	Austin	45' 8 1/2"
4	Anderson, Matt	12	Mounds View	45' 7 1/4"
5	Walz, Troy	11	Anoka	45' 6 1/2"
6	Prosper, Kotchie	12	Blaine	44' 5 1/2"

### High Jump

Place	Name	Grade	School/Team	Height
1	Pontius, Jon	12	Fergus Falls	6' 10"
2	Markuson, Jon	11	Chaska	6' 10"
3	Nielsen, Shawn	11	Cambridge	6' 9"
4	Bauer, John	12	Saint Cloud Apollo	6' 8"
5	Morgan, Tom	12	Robbinsdale Armstrong	6' 7"
6	Bechtold, Corey	12	Buffalo	6' 7"

### Pole Vault

Place	Name	Grade	School/Team	Height
1	Barnes, Noah	11	Richfield	14' 6"
2	Sanber, Paul	12	Apple Valley	14' 6"
3	Longana, Josh	12	Apple Valley	14' 3"
4	Stahle, Langdon	11	Minnetonka	14' 0"
5	Roach, Paul	11	Little Falls	13' 9"
6	Chittender, Sam	11	Stillwater	13' 6"

### Shot Put

Place	Name	Grade	School/Team	Distance
1	Jellum, Jon	12	Lakeville	56' 7 1/2"
2	Pederson, Nate	11	Brainerd	56' 5"
3	Wieland, Jim	12	Cretn-Derham Hall	53' 6 3/4"
4	Graham, Andy	12	Anoka	50' 5 1/2"
5	Maniekoe, Chad	12	Cloquet	49' 10"
6	Rodewald, Jason	12	Park Center	49' 7 1/4"

### Discus

Place	Name	Grade	School/Team	Distance
1	Jellum, Jon	12	Lakeville	174' 8"
2	Hydukovich, Nate	12	Bemidji	167' 7"
3	Dahlin, Darren	12	Minnetonka	165' 6"
4	Grott, Jason	11	Monticello	159' 5"
5	Rodewald, Jason	12	Park Center	158' 3"
6	March, Dan	11	Stillwater	153' 3"

#Denotes Cooperatively sponsored program.

### 1993 Record Setter



**State Meet All-Time & AA Records  
400 Meter Dash - :47.59  
Randy Melbourne  
Minneapolis Washburn**

## 1993 State Track & Field Meet Class "AA" Boys Final Team Standings

<u>Place</u>	<u>School/Team</u>	<u>Points</u>			
1.	Moorhead .....	58	20.	Cretin-Derham Hall .....	16
2.	Minneapolis South .....	49		Saint Cloud Apollo .....	16
3.	Forest Lake .....	46	22.	Mounds View .....	15
4.	Apple Valley .....	44	23.	Blaine .....	13
5.	Stillwater .....	39		Cambridge .....	13
6.	Fergus Falls .....	36	25.	Monticello .....	12
7.	Minneapolis Washburn .....	30		Richfield .....	12
	Park Center .....	30	27.	Bemidji .....	10
9.	Woodbury .....	29		Brainerd .....	10
10.	Anoka .....	26		Chaska .....	10
11.	Lakeville .....	24		Mankato East .....	10
	Saint Paul Como Park .....	24		Saint Paul Harding .....	10
	Wayzata .....	24	32.	Rochester John Marshall	9 1/2
14.	Austin .....	22	33.	Hopkins .....	9
15.	Irondale .....	20		Winona .....	9
	Totino Grace .....	20	35.	Eden Prairie .....	8
	White Bear Lake Area .....	20	36.	Osseo .....	7 1/2
18.	Minnnetonka .....	17 1/2	37.	Rochester Mayo .....	7
19.	Northfield .....	17		Rosemount .....	7
			39.	Champlin Park .....	6
				Eagan .....	6
				Hastings .....	6
				Park, Cottage Grove .....	6
				Saint Francis .....	6
			44.	Willmar .....	5 1/2
			45.	Cloquet .....	5
				Little Falls .....	5
				Robbinsdale Armstrong .....	5
			48.	Albert Lea .....	4
				Alexandria .....	4
				Buffalo .....	4
				Saint Paul Johnson .....	4
			52.	Coon Rapids .....	3
				Detroit Lakes .....	3
				#Goodridge/Grygla-Gatzke/	3
				Thief River Falls	
			55.	Duluth East .....	2
				Edina .....	2
				Marshall .....	2
			58.	Bloomington Jefferson .....	1
				Hibbing .....	1
				Mankato West .....	1
				New Ulm .....	1
				Shakopee .....	1

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