

1994 MSHSL A TRACK & FIELD CHAMPIONSHIP

National Sports Center, Blaine June 10 & 11, 1994

100 Meter Dash

Heat 1

- 1 Joey Gleason, MN Valley Lutheran (11) 11.50
- 2 David Holmes, Breck (12) 11.58
- 3 Ryan Schmitz, Mankato Loyola (11) 11.59
- 4 Jered Nerison, Kenyon-Wanamingo (11) 11.72
- 5 Adam Freed, Duluth Marshall (10) 11.73
- 6 Jordan Knosalla, Milaca (11) 11.74
- 7 Matt Foster, Jackson (11) 11.75

Heat 2

- 1 Jeff Kobliska, Staples (12) 11.44
- 2 Shawn Snyder, Redwood Valley (11) 11.65
- 3 Jamie Skogen, Blue Earth (12) 11.83
- 4 Chris Schmitz, Clearbrook-Gonvick (12) 11.85
- 5 Brad Prigge, Zumbrota-Mazeppa (11) 11.88
- 6 Ryan Morris, Waterville-Elysian-Morristown (12) 11.99
- 7 Kirk Kleist, Sibley East (11) 12.00

Heat 3

- 1 LaShay Whittaker, De La Salle (11) 11.30
 - 2 Jeff Tarnowski, Benilde-St Margaret (10) 11.79
 - 3 Nate Millerbernd, Winsted Holy Trinity (12) 11.81
 - 4 Shannon Willett, Oklee/Plummer/Red Lk Fils (12) 11.87
 - 5 Bryan Jetvig, Hawley/Ulen-Hitterdal (11) 11.95
 - 6 Jason Jacobson, Aitkin (10) 12.10
- scr Andy Titus, Jackson (11)

Final

- 1 LaShay Whittaker, De La Salle (11) 10.95 *Class A Record*
- 2 Jeff Kobliska, Staples (12) 11.12
- 3 Joey Gleason, MN Valley Lutheran (11) 11.17
- 4 Jeff Tarnowski, Benilde-St Margaret (10) 11.27
- 5 Shawn Snyder, Redwood Valley (11) 11.31
- 6 David Holmes, Breck (12) 11.37
- 7 Ryan Schmitz, Mankato Loyola (11) 11.46
- 8 Adam Freed, Duluth Marshall (10) 11.47
- 9 Jered Nerison, Kenyon-Wanamingo (11) 11.65

200 Meter Dash

Heat 1

- 1 Jeff Kobliska, Staples (12) 22.40
- 2 Tim London, St Paul Academy (11) 23.02
- 3 Sean Neubauer, Sleepy Eye/St Mary's (11) 23.10
- 4 Nate Millerbernd, Winsted Holy Trinity (12) 23.13
- 5 Ryan Schmitz, Mankato Loyola (11) 23.29
- 6 Jeremy Nelson, Chatfield (??) 23.50
- 7 Chris Hoff, Fisher (12) 23.59
- 8 Darcy Lundberg, Hawley/Ulen-Hitterdal (12) 23.73

Heat 2

- 1 LaShay Whittaker, De La Salle (11) 22.58
- 2 Shawn Snyder, Redwood Valley (11) 22.82
- 3 Adam Freed, Duluth Marshall (10) 22.86
- 4 Andy Otremba, Long Prairie-Grey Eagle (12) 23.22
- 5 Jered Nerison, Kenyon-Wanamingo (11) 23.39
- 6 Dan Sondgeroth, Deer River (10) 23.53
- 7 Eric Reinbold, Oklee/Plummer/Red Lk Fils (11) 23.85
- 8 Bob Hawkinson, BOLD (10) 23.93

Final

- 1 LaShay Whittaker, De La Salle (11) 22.95
- 2 Jeff Kobliska, Staples (12) 23.12
- 3 Tim London, St Paul Academy (11) 23.27
- 4 Nate Millerbernd, Winsted Holy Trinity (12) 23.29
- 5 Adam Freed, Duluth Marshall (10) 23.30
- 6 Ryan Schmitz, Mankato Loyola (11) 23.49
- 7 Sean Neubauer, Sleepy Eye/St Mary's (11) 23.52
- 8 Shawn Snyder, Redwood Valley (11) 23.52

- 9 Andy Otremba, Long Prairie-Grey Eagle (12) 23.54

400 Meter Dash

Heat 1

- 1 Jesse Zimmer, Foley (12) 50.18
- 2 Dan Sondgeroth, Deer River (10) 50.20
- 3 Andy Otremba, Long Prairie-Grey Eagle (12) 50.27
- 4 Scott Nath, Adrian (12) 51.04
- 5 Jake Kamps, LeSueur-Henderson (12) 51.14
- 6 Jesse Smith, Hermantown (10) 51.97
- 7 Travis Cook, Winona Cotter (??) 52.61
- 8 Eric Hafemeyer, Kenyon-Wanamingo (11) 53.14
- 9 Ben Ott, Nevis/Walker-Hackensack-A (12) 53.71

Heat 2

- 1 Nate Millerbernd, Winsted Holy Trinity (12) 49.64
- 2 Joe Seifert, St Michael-Albertville (12) 50.02
- 3 Chris Hoff, Fisher (12) 50.27
- 4 Marc Wenzel, Jackson (11) 50.86
- 5 Clint Okerstrom, Christ's Household of Faith (12) 51.12
- 6 Darcy Lundberg, Hawley/Ulen-Hitterdal (12) 51.22
- 7 Mike Daleiden, Montgomery-Lonsdale (11) 51.89
- 8 Jake Witte, Beardsley Valley (11) 52.11
- 9 Tom Gerding, Waconia (9) 52.37

Final

- 1 Nate Millerbernd, Winsted Holy Trinity (12) 50.06
- 2 Joe Seifert, St Michael-Albertville (12) 50.24
- 3 Andy Otremba, Long Prairie-Grey Eagle (12) 50.28
- 4 Jesse Zimmer, Foley (12) 50.41
- 5 Dan Sondgeroth, Deer River (10) 50.54
- 6 Chris Hoff, Fisher (12) 50.55
- 7 Clint Okerstrom, Christ's Household of Faith (12) 50.98
- 8 Marc Wenzel, Jackson (11) 51.25
- 9 Scott Nath, Adrian (12) 51.94

800 Meter Run

Heat 1

- 1 Jason Owen, Stewartville (10) 1:59.03
- 2 John Paulsen, Sartell (12) 1:59.33
- 3 Abe Johnson, Pequot Lakes (10) 2:00.23
- 4 Kris Weum, St Paul Academy (11) 2:00.67
- 5 Brian Knutson, Wadena-Deer Creek (11) 2:00.96
- 6 Jesse Miller, Deer River (11) 2:02.64
- 7 Jon Linden, Fillmore Central (12) 2:05.32
- 8 Nick Thelen, Park Rapids (10) 2:10.91

Heat 2

- 1 Jon Hager, Lake City (12) 1:58.39
- 2 Mike Clauson, Murray County Central (12) 1:58.64
- 3 Josh Berg, Granite Falls-Clarkfield (11) 1:58.74
- 4 Eric Whiteis, Orono (11) 1:58.75
- 5 Ryan Przybilla, Pierz (12) 1:58.99
- 6 Ryan Losinski, Cleveland/LeCenter (9) 2:00.72
- 7 Todd Beyreuther, Aitkin (12) 2:00.91
- 8 Brett Miller, Nvis/Walker-Hackensack-Ak (11) 2:02.85
- 9 Jeff Lynch, Waterville-Elysian-Morristown (12) 2:04.54

Final

- 1 Jason Owen, Stewartville (10) 1:58.75
- 2 Jon Hager, Lake City (12) 2:00.63
- 3 John Paulsen, Sartell (12) 2:00.81
- 4 Kris Weum, St Paul Academy (11) 2:00.84
- 5 Eric Whiteis, Orono (11) 2:00.97
- 6 Ryan Przybilla, Pierz (12) 2:01.02
- 7 Josh Berg, Granite Falls-Clarkfield (11) 2:01.62
- 8 Abe Johnson, Pequot Lakes (10) 2:02.86
- 9 Mike Clauson, Murray County Central (12) 2:07.31

1600 Meter Run

- 1 Josh Metcalf, Mtn Lake/Butterfield-Odin (12) 4:25.64
- 2 Nick Knuth, Murray County Central (12) 4:25.78
- 3 Jon Hager, Lake City (12) 4:26.73
- 4 Eric Barrett, St Cloud Cathedral (11) 4:27.98
- 5 Joel Fenske, Paynesville (12) 4:28.18
- 6 Eric Whiteis, Orono (11) 4:28.48
- 7 Colin Rusch, St Paul Academy (12) 4:30.45
- 8 Kyle Peterman, Lewiston-Altura (11) 4:31.06
- 9 Mike Lauer, MACCRAY (12) 4:36.16

3200 Meter Run

- 1 Andy Tate, Morris (10) 9:28.34
- 2 Josh Metcalf, Mtn Lake/Butterfield-Odin (12) 9:31.77
- 3 Colin Rusch, St Paul Academy (12) 9:32.47
- 4 Joel Fenske, Paynesville (12) 9:39.40
- 5 Kyle Peterman, Lewiston-Altura (11) 9:44.11
- 6 David Gustafson, MACCRAY (11) 9:44.87
- 7 Gordon Dykhoff, Wadena-Deer Creek (12) 9:45.99
- 8 Lucas Webinger, LaCrescent (12) 9:56.77
- 9 Scott Major, Orono (10) 10:00.22
- 10 Chris Pikus, Sartell (11) 10:01.07
- 11 Jason Loewen, Mtn Lake/Butterfield-Odin (11) 10:02.93
- 12 Cory Peterson, Luverne (12) 10:07.86
- 13 Matt Radtke, Mesabi East (11) 10:11.61
- 14 Kenny Miller, Park Rapids (11) 10:11.79
- 15 Marcus Stromberg, Crookston (11) 10:11.86
- 16 Brian Granholm, Cromwell (10) 10:13.73

4 x 100 Relay

Heat 1

- 1 Mahtomedi 44.10
- 2 Duluth Marshall 44.40
- 3 Waterville-Elysian-Morristown 44.55
- 4 St Paul Academy 44.78
- 5 Clearbrook-Gonvick 44.79
- 6 St Peter 45.30
- 7 Winona Cotter 45.54
- 8 Jackson 45.93

Heat 2

- 1 Hawley/Ulen-Hitterdal 44.31
- 2 St Cloud Cathedral 44.61
- 3 Zumbrota-Mazeppa 44.69
- 4 Oklee/Plummer/Red Lk Fils 44.76
- 5 Chatfield 44.80
- 6 Murray County Central 44.98
- 7 Concordia Academy 45.22
- 8 International Falls 46.34
- 9 Redwood Valley 46.73

Final

- 1 Mahtomedi (Fred Harris, Jason Sheehy, Chip Malmstrom, Travis Kluegel) 43.59
- 2 St Paul Academy 43.98
- 3 Zumbrota-Mazeppa 44.19
- 4 Waterville-Elysian-Morristown 44.39
- 5 Duluth Marshall 44.46
- 6 Clearbrook-Gonvick 44.50
- 7 St Cloud Cathedral 44.56

4 x 400 Relay

Heat 1

- 1 Foley 3:27.56
- 2 Stewartville 3:28.42
- 3 Murray County Central 3:28.72
- 4 Staples 3:29.51
- 5 Luverne 3:32.05
- 6 Pipestone-Jasper 3:35.73

Heat 2

- 1 LeSueur-Henderson 3:27.90
- 2 St Paul Academy 3:28.44
- 3 Chatfield 3:30.44
- 4 Blue Earth 3:31.11
- 5 Roseau 3:35.72
- 6 Heron Lake-Okabena-Lakefield 3:36.60
- 7 International Falls 3:37.52

Final

- 1 Stewartville (Reese Walt, Troy Totzke, Nate Nagel, Jason Owen) 3:27.92
- 2 Foley 3:28.21
- 3 St Paul Academy 3:31.65
- 4 LeSueur-Henderson 3:33.15
- 5 Murray County Central 3:33.45
- 6 Chatfield 3:33.48
- 7 Staples 3:34.52
- 8 Blue Earth 3:35.90

Sprint Medley Relay

Heat 1

- 1 Stewartville 3:40.66
- 2 Sartell 3:42.28
- 3 Chatfield 3:42.35
- 4 St Paul Academy 3:44.35
- 5 Cleveland/LeCenter 3:44.56

Heat 2

- 1 Murray County Central 3:41.98
- 2 Heron Lake-Okabena- Lakefield 3:42.71
- 3 Pierz 3:42.76
- 4 Hawley/Ulen-Hitterdal 3:43.10
- 5 Park Rapids 3:46.86
- 6 International Falls 3:51.77

Final

- 1 Murray County Central (Perry McNeil, Dave Swart, Paul LeTendre, Mike Clauson) 3:36.63
- 2 Pierz 3:40.08
- 3 Sartell 3:40.69
- 4 Heron Lake-Okabena- Lakefield 3:41.15
- 5 Hawley/Ulen-Hitterdal 3:42.24
- 6 Cleveland/LeCenter 3:42.25
- 7 Chatfield 3:42.30
- 8 St Paul Academy 3:47.34

110 Meter High Hurdles

Heat 1

- 1 Jeff Taylor, Roseau (12) 15.32
- 2 Parc Williams, Zumbrota-Mazeppa (12) 15.81
- 3 Ryan Clark, Byron (11) 16.22
- 4 Sean Neubauer, Sleepy Eye/St Mary's (11) 16.24
- 5 Jamie Kunstleben, Holdingford (10) 16.34
- 6 Tony Brandel, Dassel-Cokato (11) 16.59
- 7 David Geis, Duluth Marshall (12) 16.73
- 8 Mike Kawalek, Mora (12) 17.57
- dnf Shawn Dirks, Luverne (12)

Heat 2

- 1 Chad Fitzpatrick, St Clair (12) 15.58
- 2 Luke Pfeifer, Frazee (10) 16.25
- 3 Dugan Flinn, Redwood Valley (11) 16.30
- 4 Jeremy Anderson, Bad/GrnB-Mid-Riv/Tri-Co(12) 16.33
- 5 John Rein, Fillmore Central (12) 16.40
- 6 Tom Skoog, Chokio-Alberta/Clinton-Gr (12) 16.48
- 7 Chip Malmstrom, Mahtomedi (11) 16.71
- 8 Dan Leland, United South Central (12) 16.85
- 9 Ryan Myrhe, Hermantown (11) 17.47

Final

- 1 Parc Williams, Zumbrota-Mazeppa (12) 14.78
- 2 Chad Fitzpatrick, St Clair (12) 14.85

- 3 Ryan Clark, Byron (11) 15.14
- 4 Jeff Taylor, Roseau (12) 15.46
- 5 Luke Pfeifer, Frazee (10) 15.52
- 6 Sean Neubauer, Sleepy Eye/St Mary's (11) 15.61
- 7 Dugan Flinn, Redwood Valley (11) 15.61
- 8 Ryan Clark, Byron (11) 15.78
- 9 Jamie Kunstleben, Holdingford (10) 15.89

300 Meter Intermediate Hurdles

Heat 1

- 1 Jeff Taylor, Roseau (12) 39.19
- 2 Travis Kluegel, Mahtomedi (12) 39.26
- 3 Sean Neubauer, Sleepy Eye/St. Mary's 39.76
- 4 Andy Mattson, East Central (11) 40.16
- 5 Jamie Kunstleben, Holdingford (10) 40.22
- 6 Jeremy Chmielewski, Foley (12) 40.61
- 7 John Rein, Fillmore Central (12) 41.61
- 8 Roger Collman, Cromwell (12) 42.11
- 9 Beau Johnson, Chisholm (10) 44.61

Heat 2

- 1 Troy Wyatt, Byron (12) 40.82
- 2 Kody Moore, Dilworth-Glyndon-Felton (11) 41.19
- 3 Mark Jacobson, Park Rapids (10) 41.35
- 4 Nate Nagel, Stewartville (11) 42.00
- 5 Chad Fitzpatrick, St Clair (12) 42.57
- 6 Adam Scharping, Sioux Vly-Round Lake-Brwstr (12) 43.02
- 7 Eric Bolke, Montevideo (12) 44.01
- dq Tom Skoog, Chokio-Alberta/Clinton-Gr (12)

Final

- 1 Travis Kluegel, Mahtomedi (12) 40.09
- 2 Jamie Kunstleben, Holdingford (10) 40.25
- 3 Sean Neubauer, Sleepy Eye/St. Mary's 40.77
- 4 Troy Wyatt, Byron (12) 40.79
- 5 Andy Mattson, East Central (11) 40.94
- 6 Jeff Taylor, Roseau (12) 41.03
- 7 Kody Moore, Dilworth-Glyndon-Felton (11) 41.34
- 8 Jeremy Chmielewski, Foley (12) 42.22
- 9 Mark Jacobson, Park Rapids (10) 42.71

Long Jump

- 1 Jason Sheehy, Mahtomedi (11) 22-8 ½
- 2 Chris Walz, Waterville-Elysian-Morristown (11) 22-8 ¼
- 3 Kris Hogrefe, International Falls (12) 22-3 ¾
- 4 Dean Nyberg, Cromwell (10) 22-2 ¾
- 5 Tom Skoog, Chokio-Alberta/Clinton-Grace (12) 21-11
- 6 Jesse Bahls, Frazee (12) 21-6 ½
- 7 Mike Walters, Isle/Onamia (11) 21-6
- 8 Chris Schmitz, Clearbrook-Gonvick (12) 21-4 ½
- 9 Ryan Przybilla, Pierz (12) 21-4 ½
- 10 Kyle Steffen, Elgin-Millville (10) 21-2 ¾
- 11 Paul LeTendre, Murray County Central (12) 21-0 ½
- 12 Nate Nagel, Stewartville (11) 20-11 ½
- 13 Gabe Vattierra, East Grand Forks (12) 20-10
- 14 Brandon Boeck, Westbrook-Walnut Grove (11) 20-7 ¼
- 15 Sean Neubauer, Sleepy Eye/St. Mary's (11) 20-5
- 16 Joe Cimenski, Royalton (11) 19-8 ¼

Triple Jump

- 1 Troy Stresemann, Comfrey/Springfield (11) 44-1
- 2 Chris Walz, Waterville-Elysian-Morristown (11) 43-6 ½
- 3 David Smith, Norwood-Young America (11) 43-0
- 4 Kris Hogrefe, International Falls (12) 42-11 ¼
- 5 Lance Belling, Belgrade-Brooten-Elrosa (12) 42-10 ¼
- 6 Jarrod Finseth, Win-E-Mac (11) 42-8 ½
- 7 Adam Freed, Duluth Marshall (10) 42-7 ¼
- 8 Jim Mattson, Pine Island (11) 42-7
- 9 Paul Schmidgall, Hancock (11) 41-11 ¾

Shot Put

- 1 T.J. DeBates, Stewartville (11) 56-10 ¼
- 2 Jeff Schwantz, Elgin-Millville (12) 54-9 ¾
- 3 Dan Gerads, Albany (12) 54-8 ¾
- 4 Gary Kummet, Pierz (12) 53-8 ¾
- 5 Tedd Retzlaff, Pipestone-Jasper (12) 52-5 ½
- 6 Paul Senst, Two Harbors (12) 50-9
- 7 Jason Caskey, Pipestone-Jasper (11) 50-2
- 8 Brad Prigge, Zumbrota-Mazeppa (11) 47-10
- 9 Gary Riegel, Deer River (12) 47-4
- 10 Harry Kent, Mora (11) 45-10
- 11 Dana Anderson, St James (12) 45-8
- 12 Aaron Frank, Blue Earth (11) 45-7 ¼
- 13 Paul Bartlette, East Grand Forks (11) 44-5 ½
- 14 Mike Mosey, Dilworth-Glyndon-Felton (11) 44-0
- 15 Jon Martin, Brooklyn Center (12) 43-8 ½
- 16 Paul Nelson, Beardsley Valley (12) 43-7 ½
- 17 Dan Fischer, Bagley/Fosston (11) 42-11

Discus

- 1 David Anderson, Dilworth-Glyndon-Felton (11) 154-6
- 2 Eric Fowler, Holdingford (12) 154-4
- 3 Jeff Schwantz, Elgin-Millville (12) 153-10
- 4 Dan Gerads, Albany (12) 153-6
- 5 Ben Taylor, Fillmore Central (12) 151-0
- 6 Parc Williams, Zumbrota-Mazeppa (12) 146-2
- 7 Gary Riegel, Deer River (12) 139-5
- 8 Leroy Ask, Luverne (12) 137-8
- 9 Dan Berndt, LeSueur-Henderson (12) 136-1

High Jump

- 1 Nate Dalagher, BDRSH (12) 6-7
- 2 Mike Hammer, Paynesville (12) 6-6
- 3 Joe Seifert, St Michael-Albertville (12) 6-5
- 4 Aaron Bond, BDRSH (12) 6-5
- 5 Craig Madsen, Bertha-Hewitt/Verndale (12) 6-2
- 5 Dan Helser, Winsted Holy Trinity (12) 6-2
- 5 Brandon Sorenson, Minnehaha Academy (12) 6-2
- 8 Jason Novacinski, Barnum (12) 6-2
- 8 Cory Schmidgall, Morris (10) 6-2
- 10 Dan Linder, United South Central (12) 6-2
- 11 Chris Hoff, Fisher (12) 6-0
- 11 Matt Husser, Wabasha-Kellogg (10) 6-0
- 11 Scott Zak, Marshall County Central (12) 6-0
- 11 Ben Butterfield, LaCrescent (12) 6-0
- nhc Brian Gilbert, Duluth Marshall (12)
- nhc Joel Plocher, MN Valley Lutheran (11)
- nhc Jesse Graupman, Norwood-Young America (10)

Pole Vault

- 1 Chip Malmstrom, Mahtomedi (11) 15-3 *All-Time State Record*
- 2 Jon Anderson, Morris (12) 15-3 *All-Time State Record*
- 3 B.J. Jones, Plainview (11) 14-9
- 4 Jeff Klein, Zumbrota-Mazeppa (12) 14-6
- 5 Kyle Effinger, Brooklyn Center (11) 13-9
- 6 Justin Ambrose, Heron Lake-Okabena-Lakefield (12) 13-3
- 7 Chris Chandler, Crookston (11) 13-3
- 8 Jim Indahl, International Falls (11) 13-0
- 9 Jack Burns, Minnewaska (11) 12-6
- 10 Jason Stenzel, United South Central (12) 12-6
- 11 Dion Johnson, Paynesville (11) 12-6
- 11 Chad Willard, Tracy (11) 12-6
- 13 Jay Hatleli, Fillmore Central (10) 12-0
- 14 Jace Porter, Mesabi East (11) 12-0
- nhc Ben Ott, Nevis/Walker-Hackensack-A (12)
- nhc Brandon McGrath, Milaca (9)
- nhc Jared Heller, Lake Crystal-Wellcome Memorial (12)

Team Scores

- 1 Mahtomedi 48
- 2 St Paul Academy 45
- 3 Stewartville 36
- 4 Zumbrota 32
- 5 Murray County Central 28
- 6 Waterville-Elysian-Morristown 26
- 7 De La Salle 24
- 8 Morris 23 ½
- 9 Staples 23
- 10 Mountain Lake/Butterfield-Odin 22
- 10 Winsted Holy Trinity 22