

# 1995 MSHSL A TRACK & FIELD CHAMPIONSHIP

National Sports Center, Blaine June 9 & 10, 1995

## 100 Meter Dash

### Heat 1

- 1 Joey Gleason, MN Valley Lutheran (12) 11.14
- 2 Matt Foster, Jackson (12) 11.43
- 3 Ted Simon, Blue Earth (11) 11.61
- 4 Bob Hawkinson, BOLD (11) 11.62
- 5 Luke Pfeifer, Frazee (11) 11.67
- 6 Kirk Kleist, Sibley East (12) 11.71
- 7 Jason Braaten, Perham (10) 11.72
- 8 Tony Imholte, St Cloud Cathedral (11) 11.73

### Heat 2

- 1 LaShay Whittaker, De La Salle (12) 11.60
- 2 Ryan Schmitz, Mankato Loyola (12) 11.62
- 3 Jason Jacobson, Aitkin (11) 11.70
- 4 Brian Hanka, Brooklyn Center (11) 11.75
- 5 Will Gibson, Winona Cotter (11) 11.92
- 6 Brian Jegtvig, Hawley/Ulen-Hitterdal (12) 12.07
- 7 Craig Nelson, Gibbon-Fairfax-Winthrop (10) 12.22

### Heat 3

- 1 Erik Hanson, Mesabi East (11) 11.29
- 2 Adam Freed, Duluth Marshall (11) 11.49
- 3 Brad Prigge, Zumbrota-Mazeppa (12) 11.54
- 4 Ryan Rivard, Warren-Alvarado-Oslo/Argyle (12) 11.69
- 5 Jordan Knosalla, Milaca (12) 11.79
- 6 Jordy Robinson, St. Peter (12) 11.86
- 7 Emerson Kalis, Blue Earth (11) 12.57

### Final

- 1 Erik Hanson, Mesabi East (11) 10.93 w
- 2 Joey Gleason, MN Valley Lutheran (12) 10.99
- 3 Adam Freed, Duluth Marshall (11) 11.01
- 4 LaShay Whittaker, De La Salle (12) 11.03
- 5 Ryan Schmitz, Mankato Loyola (12) 11.13
- 6 Brad Prigge, Zumbrota-Mazeppa (12) 11.14
- 7 Matt Foster, Jackson (12) 11.18
- 8 Bob Hawkinson, BOLD (11) 11.26
- 9 Ted Simon, Blue Earth (11) 11.33

## 200 Meter Dash

### Heat 1

- 1 Joey Gleason, MN Valley Lutheran (12) 22.39
- 2 Brad Prigge, Zumbrota-Mazeppa (12) 22.54
- 3 Jeremy Nelson, Chatfield (12) 22.87
- 4 Ted Simon, Blue Earth (11) 23.00
- 5 Matt Foster, Jackson (12) 23.32
- 6 Brian Jegtvig, Hawley/Ulen-Hitterdal (12) 23.37

### Heat 2

- 1 Adam Freed, Duluth Marshall (11) 21.85
- 2 Tom Gerding, Waconia (10) 22.92
- 3 Bob Hawkinson, BOLD (11) 22.93
- 4 Kirk Kleist, Sibley East (12) 22.94
- 5 Joe Lavine, Bagley/Fosston (12) 23.25
- 6 Andy Osterdyk, Isle/Onamia (11) 23.62
- 7 Ben Sieben, Melrose (11) 23.63

### Heat 3

- 1 Erik Hanson, Mesabi East (11) 22.14
- 2 Sean Neubauer, Sleepy Eye/St. Mary's (12) 22.59
- 3 Luke Pfeifer, Frazee (11) 22.64
- 4 Ryan Schmitz, Mankato Loyola (12) 22.77
- 5 Chris Barth, Melrose (11) 23.13
- 6 Jake Witte, Choiko-Alberta/Clinton-Grace (12) 23.47

### Final

- 1 Adam Freed, Duluth Marshall (11) 21.88 w
- 2 Joey Gleason, MN Valley Lutheran (12) 22.27
- 3 Erik Hanson, Mesabi East (11) 22.40

- 4 Brad Prigge, Zumbrota-Mazeppa (12) 22.43
- 5 Ryan Schmitz, Mankato Loyola (12) 22.50
- 6 Luke Pfeifer, Frazee (11) 22.52
- 7 Sean Neubauer, Sleepy Eye/St. Mary's (12) 22.53
- 8 Tom Gerding, Waconia (10) 22.78
- 9 Jeremy Nelson, Chatfield (12) 22.87

## 400 Meter Run

### Heat 1

- 1 Tom Gerding, Waconia (10) 49.14
- 2 Jesse Smith, Hermantown (11) 50.14
- 3 Jake Witte, Choiko-Alberta/Clinton-Grace (12) 50.19
- 4 Mark Wenzel, Jackson (12) 50.39
- 5 Chris Barth, Melrose (11) 50.82
- 6 Casey Grunewald, Barnesville/Rothsay (8) 50.85
- 7 Mike Daleiden, Montgomery-Lonsdale (12) 50.89
- 8 Andy Osterdyk, Isle/Onamia (11) 53.66

### Heat 2

- 1 Erik Hanson, Mesabi East (11) 49.21
- 2 Lance Meincke, Lake City (11) 50.43
- 3 Dan Thompson, Lake City (11) 50.65
- 4 Kevin Blackburn, Crookston (12) 50.78
- 5 Josh Berg, Granite Falls-Clarkfield (12) 51.08
- 6 Joe Lavine, Bagley/Fosston (12) 51.53
- 7 Troy Sunde, New London-Spicer (11) 51.75
- 8 Bob Quade, Martin County West (10) 51.86

### Final

- 1 Erik Hanson, Mesabi East (11) 49.82
- 2 Kevin Blackburn, Crookston (12) 51.49
- 3 Dan Thompson, Lake City (11) 51.50
- 4 Lance Meincke, Lake City (11) 51.52
- 5 Jake Witte, Choiko-Alberta/Clinton-Grace (12) 51.64
- 6 Jesse Smith, Hermantown (11) 51.65
- 7 Chris Barth, Melrose (11) 52.29
- 8 Mark Wenzel, Jackson (12) 52.61

## 800 Meter Run

### Heat 1

- 1 Jason Owen, Stewartville (11) 1:57.50
- 2 Kris Weum, St Paul Academy (11) 1:57.57
- 3 Robin Bliss, Mora (11) 2:00.43
- 4 Dan Hall, Rochester Lourdes (11) 2:00.60
- 5 Dan Dittmer, Glencoe-Silver Lake (12) 2:02.26
- 6 Josh Hansen, United South Central (11) 2:05.74

### Heat 2

- 1 Dane Larson, Park Rapids (11) 1:57.12
- 2 Jeff Miller, New London-Spicer (11) 1:57.42
- 3 Chad Zink, Rockford (11) 1:57.43
- 4 Ryan Losinski, Cleveland/Le Center (10) 1:57.80
- 5 Jesse Miller, Deer River (12) 1:58.72
- 6 Abe Johnson, Pequot Lakes (11) 2:01.64

### Heat 3

- 1 Shaun Fransen, Edgerton (10) 1:58.27
- 2 Magnus Ahlstrom, Benson/Kerkhoven-Murdk-S (12) 1:58.63
- 3 Jason Mielke, Annandale (11) 2:00.64
- 4 Matt Komatsu, Duluth Marshall (12) 2:01.25
- 5 Mark Stoick, St. Michael-Albertville (12) 2:01.47
- 6 Chris Storey, Warroad (12) 2:02.15
- 7 Chad Leister, Hawley/Ulen-Hitterdal (10) 2:03.72

### Final

- 1 Jason Owen, Stewartville (11) 1:55.27
- 2 Jeff Miller, New London-Spicer (11) 2:01.49
- 3 Ryan Losinski, Cleveland/Le Center (10) 2:01.84
- 4 Chad Zink, Rockford (11) 2:02.01

- 5 Kris Weum, St Paul Academy (11) 2:02.38
- 6 Dane Larson, Park Rapids (11) 2:02.48
- 7 Shaun Fransen, Edgerton (10) 2:02.60
- 8 Jesse Miller, Deer River (12) 2:03.05
- 9 Magnus Ahlstrom, Benson/Kerkhoven-Murdk-S (12) 2:08.99

### 1600 Meter Run

- 1 Andy Tate, Morris (11) 4:24.44
- 2 Magnus Ahlstrom, Benson/Kerkhoven-Murdk-S (12) 4:24.93
- 3 Kris Weum, St Paul Academy (11) 4:25.18
- 4 Dane Larson, Park Rapids (11) 4:25.40
- 5 Eric Whiteis, Orono (12) 4:27.17
- 6 Eric Barrett, St Cloud Cathedral (12) 4:28.12
- 7 Dave Gustafson, Montevideo (12) 4:31.84
- 8 Mike Stoick, St Michael-Albertville (12) 4:32.14
- 9 Kyle Peterman, Lewiston-Altura (12) 4:36.73

### 3200 Meter Run

- 1 Andy Tate, Morris (11) 9:23.87
- 2 Mike Stoick, St Michael-Albertville (12) 9:34.08
- 3 Chris Pikus, Sartell (12) 9:39.32
- 4 Kyle Peterman, Lewiston-Altura (12) 9:46.19
- 5 Brian Granholm, Cromwell (11) 9:47.53
- 6 Matt Radtke, Mesabi East (12) 9:47.74
- 7 Josh Bauer, MN Valley Lutheran (10) 9:48.95
- 8 Kenny Miller, Park Rapids (12) 9:55.05
- 9 Ben Freyinger, St Paul Academy (11) 9:55.74
- 10 Mike Martin, St Paul Academy (10) 9:57.35
- 11 Bryon Fagen, Montevideo (11) 9:58.74
- 12 Andrew Johanson, United South Central (10) 9:58.87
- 13 Mike Moravec, Montevideo (12) 9:59.44
- 14 Brian Schwanke, Rochester Lourdes (10) 10:00.61
- 15 Derek Mattila, Staples-Motley (9) 10:01.81
- 16 Marcus Stromberg, Crookston (12) 10:13.29

### 110 Meter High Hurdles

#### Heat 1

- 1 Luke Pfeifer, Frazee (11) 15.31
- 2 Jamie Kunstlben, Holdingford (11) 15.62
- 3 Sheldon Johnson, MN Valley Lutheran (12) 16.07
- 4 Sam Rico, Warren-Alvarado-Oslo/Argyle (12) 16.11
- 5 Eric Barta, Greenway Coleraine (12) 16.12
- 6 David Mayhew, Holy Angels (10) 16.13
- 7 Trent Stanton, Blue Earth (10) 16.48
- 8 Tom Smith, Benson/Kerkhoven-Murdock-Sun (12) 17.02
- dnf Adam DeCook, Byron (11)

#### Heat 2

- 1 Dugan Flinn, Redwood Valley (12) 15.32
- 2 Mark Jacobson, Park Rapids (11) 15.42
- 3 Mike Pooler, Sauk Centre (12) 15.44
- 4 Tony Brandel, Dassel-Cokato (12) 15.76
- 5 Sean Neubauer, Sleepy Eye/St. Mary's (12) 15.84
- 6 Jaye Schmoll, Triton (11) 15.88
- 7 Chris Lehman, Esko (11) 15.94
- 8 David Smith, Norwood-Young America (12) 16.11
- dq John Dietila, Lake Park-Audubon (12)

#### Final

- 1 Luke Pfeifer, Frazee (11) 14.84 w
- 2 Jamie Kunstlben, Holdingford (11) 14.91
- 3 Mark Jacobson, Park Rapids (11) 15.24
- 4 Mike Pooler, Sauk Centre (12) 15.34
- 5 Sean Neubauer, Sleepy Eye/St. Mary's (12) 15.44
- 6 Tony Brandel, Dassel-Cokato (12) 15.48
- 7 Dugan Flinn, Redwood Valley (12) 15.53
- 8 Chris Lehman, Esko (11) 15.68
- 9 Jaye Schmoll, Triton (11) 15.69

### 300 Meter Intermediate Hurdles

#### Heat 1

- 1 Sam Rico, Warren-Alvarado-Oslo/Argyle (12) 39.71
- 2 Adam DeCook, Byron (11) 39.71
- 3 Nate Nagel, Stewartville (12) 40.49
- 4 Kevin Paulus, Holy Angels (11) 40.62
- 5 Skip Roepke, Clearbrook-Gonvick (11) 41.62
- 6 Jeff Eckstein, Gibbon-Fairfax-Winthrop (11) 41.72

#### Heat 2

- 1 Mike Pooler, Sauk Centre (12) 39.75
- 2 Sean Neubauer, Sleepy Eye/St. Mary's (12) 40.15
- 3 Sheldon Johnson, MN Valley Lutheran (12) 40.88
- 4 Brian Johnson, Montevideo (12) 41.02
- 5 Mike Christopherson, Glencoe-Silver Lake (12) 41.75
- 6 David Smith, Norwood-Young America (12) 41.90

#### Heat 3

- 1 Chris Lehman, Esko (11) 40.36
- 2 Will Gibson, Winona Cotter (11) 40.41
- 3 Nick Dille, Litchfield (11) 40.84
- 4 Mark Jacobson, Park Rapids (11) 40.98
- 5 Erik Kelly, Staples-Motley (10) 41.38
- 6 Beau Johnson, Chisholm (11) 42.96
- dq Paul Mathiason, Westbrook-Walnut Grove (12)

#### Final

- 1 Mike Pooler, Sauk Centre (12) 39.55
- 2 Sam Rico, Warren-Alvarado-Oslo/Argyle (12) 39.68
- 3 Adam DeCook, Byron (11) 39.78
- 4 Will Gibson, Winona Cotter (11) 40.14
- 5 Chris Lehman, Esko (11) 40.75
- 6 Nate Nagel, Stewartville (12) 40.81
- 7 Sean Neubauer, Sleepy Eye/St. Mary's (12) 40.91
- 8 Nick Dille, Litchfield (11) 41.46
- 9 Kevin Paulus, Holy Angels (11) 41.93

### 4 x 100 Relay

#### Heat 1

- 1 Redwood Valley 43.17
- 2 Jackson 43.82
- 3 Chatfield 44.04
- 4 MN Valley Lutheran 44.50
- 5 Holy Angels 44.54
- 6 Hawley/Ulen-Hitterdal 44.89
- 7 Winona Cotter 45.12

#### Heat 2

- 1 Warren-Alvarado-Oslo/Argyle 43.61
- 2 Pine Island 43.88
- 3 Hermantown 44.04
- 4 St Cloud Cathedral 44.14
- 5 Concordia Academy 44.43
- 6 Clearbrook-Gonvick 44.56

#### Final

- 1 Redwood Valley (John Hanson, Justin Polkow, Dugan Flinn, Shawn Snyder) 43.55
- 2 Warren-Alvarado-Oslo/Argyle 43.98
- 3 Jackson 44.39
- 4 Chatfield 44.56
- 5 Hermantown 44.70
- 6 St Cloud Cathedral 44.77
- 7 Pine Island 44.85
- 8 Concordia Academy 44.92
- 9 MN Valley Lutheran 45.69

### 4 x 400 Relay

#### Heat 1

- 1 Hermantown 3:27.81
- 2 Blue Earth 3:28.52
- 3 Stewartville 3:28.88
- 4 St Paul Academy 3:29.52

- 5 Annandale 3:29.55
- 6 Park Rapids 3:32.03
- 7 Westbrook-Walnut Grove 3:31.24
- 8 St. Peter 3:32.31
- 9 Mankato Loyola 3:33.56

Heat 2

- 1 Lake City 3:26.88
- 2 New London-Spicer 3:27.79
- 3 Barnesville/Rothsay 3:27.85
- 4 Chatfield 3:29.30
- 5 Chokio-Alberta/Clinton-Grace 3:30.57
- 6 Rockford 3:30.76
- 7 Fulda 3:35.59

dq Deer River

Final

- 1 Stewartville (Reese Wait, Nate Nagel, Jim Owen, Jason Owen) 3:28.66
- 2 Lake City 3:30.45
- 3 Blue Earth 3:30.98
- 4 Hermantown 3:31.13
- 5 Chatfield 3:31.21
- 6 Barnesville/Rothsay 3:31.25
- 7 New London-Spicer 3:31.26
- 8 Annandale 3:31.60
- 9 St. Paul Academy 3:38.45

**Sprint Medley Relay**

Heat 1

- 1 Stewartville 3:31.19 *Class A State Meet Record*
- 2 Duluth Marshall 3:41.65
- 3 Rockford 3:42.27
- 4 St Paul Academy 3:42.52
- 5 Pipestone-Jasper 3:44.65
- 6 Blue Earth 3:45.77

Heat 2

- 1 Park Rapids 3:40.51
- 2 Ely 3:41.04
- 3 Stephen 3:42.54
- 4 Foley 3:43.36
- 5 Chatfield 3:44.31
- 6 Blue Earth 3:45.77

Final

- 1 Stewartville (Jason Howes, Nate Nagel, Reese Wait, Jason Owen) 3:39.44
- 2 Stephen 3:42.92
- 3 Ely 3:43.08
- 4 Rockford 3:43.27
- 5 Chatfield 3:43.35
- 6 Park Rapids 3:43.84
- 7 St Paul Academy 3:45.27
- 8 Foley 3:47.74

**Long Jump**

- 1 Joey Gleason, MN Valley Lutheran (12) 21-10 ½
- 2 Andy Osterdyk, Isle/Onamia (11) 21-5 ½
- 3 Mike Walters, Isle/Onamia (12) 21-4
- 4 Troy Stresemann, Comfrey-Springfield (12) 20-11 ¼ w
- 5 Mike Timm, Granite Falls-Clarkfield (11) 20-5 ¾
- 6 Brian Berntsen, Hermantown (12) 20-2 ¼
- 7 Aaron Natwick, Norman County East (12) 20-1 ½
- 8 Andy Titus, Jackson (12) 19-10
- 9 Will Gibson, Winona Cotter (11) 19-9
- 10 John Haws, St John's Prep (12) 19-8 ¼
- 11 Kyle Steffen, Elgin-Millville (11) 19-5
- 12 Dean Nyberg, Cromwell (11) 19-4 ¾
- 13 Chris Lachmansingh, Annandale (10) 19-3 ¼
- 14 Jimmy Solum, Barnesville/Rothsay (11) 19-1 ¾
- 15 Jarrod Finseth, Win-E-Mac (12) 18-9

- 16 Joe Schmidgall, Morris (9) 18-7 ¾

**Triple Jump**

- 1 Jim Mattson, Pine Island (12) 44-5
- 2 Jamie Kunstleben, Holdingford (11) 43-10 ½
- 3 Troy Stresemann, Comfrey-Springfield (12) 43-8 ¼
- 4 Dean Nyberg, Cromwell (11) 42-11 ½
- 5 Joel Plocher, MN Valley Lutheran (12) 42-11
- 6 Bryan Erdman, Minnewaska (12) 42-6 ½
- 7 Josh Green, St Cloud Cathedral (11) 42-2 ¼
- 8 Andy Titus, Jackson (12) 42-4
- 9 Brian Berntsen, Hermantown (12) 41-10 ½

**Shot Put**

- 1 Darwin Dumonceaux, St. John's Prep (12) 61-1 ½ *State Class A Record*
- 2 T.J. DeBates, Stewartville (12) 55-9 ½
- 3 Tim Senjem, Hayfield (11) 55-0
- 4 Jeff Dingmann, Foley (12) 52-2 ¾
- 5 Aaron Frank, Blue Earth (12) 52-1 ½
- 6 Ben Meyer, Pine Island (11) 51-5 ½
- 7 Brad Prigge, Zumbrota-Mazeppa (12) 51-3 ¾
- 8 Paul Bartlette, East Grand Forks (12) 51-2 3/4
- 9 Mike Mosey, Dilworth-Glyndon-Felton (12) 51-2 ½
- 10 Justin Staebler, Perham (9) 49-9 ½
- 11 Brent Stiles, Lewiston-Altura (11) 49-6 ¾
- 12 Matt Wodford, Mayer Lutheran (11) 49-4 ¼
- 13 Ben Baird, Kelliher/Northome (12) 49-2 ¾
- 14 Nathan Bannick, St. Peter (12) 49-1 ¾
- 15 Steve Reigstad, Benson/Kerkhoven-Murdk-C (12) 47-11 ½
- 16 Bob Welch, Wabasso (11) 47-3 ¼
- 17 Ben Brown, International Falls (12) 47-2
- 18 Chad Johnson, International Falls (12) 47-1
- 19 Andrew Hooks, Brooklyn Center (11) 43-9 ½

**Discus Throw**

- 1 Steve Kimble, Sartell (12) 156-10
- 2 Jay Eisenmenger, Maple River (12) 150-10
- 3 Mike Mosey, Dilworth-Glyndon-Felton (12) 142-2
- 4 Travis Zins, Nicollet (11) 140-5
- 5 Curtis Mundt, Lewiston-Altura (11) 139-11
- 6 Paul Humbert, Holy Angels (12) 139-3
- 7 Brent Stiles, Lewiston-Altura (11) 138-10
- 8 Chad Johnson, International Falls (12) 135-5
- 9 Curt Paurus, Frazee (12) 135-4

**High Jump**

- 1 Brian Czech, Royalton (12) 6-5
- 2 Joel Plocher, MN Valley Lutheran (12) 6-4
- 3 Mike Trisco, Becker (11) 6-3
- 4 Jeff Bentley, Hawley/Ulen-Hitterdal (11) 6-2
- 4 Ryan Good, Dover-Eyota/St Charles (10) 6-2
- 6 Brian Johnson, Swanville/Upsala (12) 6-2
- 7 Jeff Paulsen, Pipestone-Jasper (10) 6-0
- 8 Andy Abramson, Crosby-Ironton (12) 6-0
- 8 Jeremy Mohs, Plainview (9) 6-0
- 8 Pat Jennissen, Ashby/Brandon/Evansville (12) 6-0
- 8 Brooks Royal, Crookston (12) 6-0
- Adam McCabe, Fillmore Central (12) 6-0
- Sam Lindeman, Park Rapids (12) 6-0
- John Kelsner, Mayer Lutheran (12) nhc
- Tom Chatman, Belle Plaine/Jordan (11) nhc
- Adam Vanoot, Fulda (12) nhc
- Mike Walters, Isle/Onamia (12) nhc
- Brian Granholm, Cromwell (11) nhc

**Pole Vault**

- 1 Chris Chandler, Crookston (12) 14-6

- 2 Jim Indahl, International Falls (12) 14-3
- 3 B.J. Jones, Plainview (12) 14-3
- 4 Kyle Effinger, Brooklyn Center (12) 13-6
- 5 Chad Willard, Tracy Area/Balaton (12) 13-6
- 6 Mike Riley, St. Peter (12) 13-3
- 7 Matt Wallace, Crookston (12) 13-0
- 8 Jack Burns, Minnewaska (12) 13-0
- 9 Uriah Houg, Waconia (12) 13-0
- Jesse Lutz, Belle Plaine/Jordan (12) 12-6
- Jason Lombard, Foley (11) 12-0
- Kevin Werk, Morris (11) 12-0
- Wade Frisbie, Foley (11) 12-0
- Joel Hovland, Heron Lake-Okabena-Lakef (11) 12-0
- Jay Hatleli, Fillmore Central (11) nhc
- Adam Warner, Deer River (11) nhc

**Team Scores**

- 1 Minnesota Valley Lutheran 51
- 2 Stewartville 50
- 3 Mesabi East 36
- 4 Crookston 25 <sup>3</sup>/<sub>4</sub>
- 5 Lake City 24
- Morris 24
- Park Rapids 24
- 8 Warren/Alvarado-Oslo/Argyle 20
- Hermantown 20
- Holdingsford 20
- Duluth Marshall 20
- Sartell 20