

1995 MSHSL AA TRACK & FIELD CHAMPIONSHIP

National Sports Center, Blaine June 9 & 10, 1995

Friday 66 degrees, calm, mostly cloudy; Saturday 56 degrees, strong and gusting winds from the north, and light rain

100 Meter Dash

Heat 1

- 1 Roman Cress, Mpls South (12) 11.18
- 2 Matt Skulborstad, Rosemount (12) 11.19
- 3 Nate Schmitt, Lakeville (12) 11.27
- 4 Mark Rasmussen, Detroit Lakes (12) 11.37
- 5 Casey Gregg, Hibbing (12) 11.46
- 6 Matt Althmann, Shakopee (12) 11.59

Heat 2

- 1 Jermaine Brown, Champlin Park (10) 11.18
- 2 Matt Bramwell, Robb. Armstrong (12) 11.31
- 3 Rashidi VanLeer, Woodbury (12) 11.33
- 4 Cory Laulunen, Duluth Central (12) 11.49
- 5 Jerry Burch, St Paul Como Park (9) 11.57
- 6 Jason Weis, St Cloud Apollo (11) 11.67
- 7 Kwame Kjados, Park Center (11) 11.75

Heat 3

- 1 Jeff Tarnowski, Wayzata (11) 11.14
- 2 C.J. Simonsen, Coon Rapids (12) 11.19
- 3 LaMonte Wade, St Paul Central (12) 11.21
- 4 Marc Brown, St Paul Highland Park (11) 11.22
- 5 Brant Grimes, Bloom. Jefferson (12) 11.31

Final

- 1 Jeff Tarnowski, Wayzata (11) 10.76 w
- 2 Jermaine Brown, Champlin Park (10) 10.78
- 3 Matt Skulborstad, Rosemount (12) 10.79
- 4 C.J. Simonsen, Coon Rapids (12) 10.84
- 5 Matt Bramwell, Robb. Armstrong (12) 10.89
- 6 Marc Brown, St Paul Highland Park (11) 10.91
- 7 Nate Schmitt, Lakeville (12) 10.94
- 8 LaMonte Wade, St Paul Central (12) 10.98

200 Meter Dash

Heat 1

- 1 LaMonte Wade, St Paul Central (12) 22.31
- 2 Rashidi VanLeer, Woodbury (12) 22.36
- 3 Matt Bramwell, Robb. Armstrong (12) 22.41
- 4 Ricky Thomas, Champlin Park (10) 22.84
- 5 Casey Gregg, Hibbing (12) 23.09
- 6 Todd Veroeven, Mankato East (11) 23.12
- 7 Ryan Buttenhoff, St Cloud Tech (11) 23.24
- 8 Roman Cress, Mpls South (12) 23.59

Heat 2

- 1 Jeff Tarnowski, Wayzata (11) 21.81
- 2 Matt Skulborstad, Rosemount (12) 22.04
- 3 Jacob Conway, Waseca (11) 22.23
- 4 Tony Lorenzen, Osseo (12) 22.24
- 5 Mark Rasmussen, Detroit Lakes (12) 22.51
- 6 Rex Smith, Rochester Mayo (12) 22.62
- 7 Jermaine Brown, Champlin Park (10) 22.63
- 8 Cory Laulunen, Duluth Central (12) 23.03

Final

- 1 Jeff Tarnowski, Wayzata (11) 21.70 w
- 2 Rashidi VanLeer, Woodbury (12) 21.85
- 3 Matt Skulborstad, Rosemount (12) 21.92
- 4 Mark Rasmussen, Detroit Lakes (12) 22.03
- 5 Tony Lorenzen, Osseo (12) 22.05
- 6 LaMonte Wade, St Paul Central (12) 22.08
- 7 Jacob Conway, Waseca (11) 22.20
- 8 Rex Smith, Rochester Mayo (12) 22.30
- 9 Matt Bramwell, Robb. Armstrong (12) 22.35

400 Meter Dash

Heat 1

- 1 Brant Grimes, Bloom. Jefferson (12) 49.69
- 2 Chuck Harris, Minnetonka (12) 50.37
- 3 Perry Cook, Blaine (12) 50.96
- 4 Boyd Burke, St. Francis (11) 50.98
- 5 Jeremy Blake, Moorhead (12) 51.03
- 6 Tony Steineman, Sauk Rapids (12) 51.33
- 7 Sean Myhre, Henry Sibley (12) 53.88
- dq Eric Dahlgren, Austin (12)

Heat 2

- 1 Tony Lorenzen, Osseo (12) 49.43
- 2 Aaron Deutsch, Stillwater (12) 49.76
- 3 Jacob Conway, Waseca (11) 50.41
- 4 Eric Anderson, Lakeville (10) 50.70
- 5 Chris Kubacki, Fridley (11) 51.30
- 6 Eric Swift, Willmar (11) 51.45
- 7 Don Griffin, St Paul Johnson (12) 51.60
- 8 Gabe Amundson, Virginia (12) 51.63

Final

- 1 Brant Grimes, Bloom. Jefferson (12) 49.40
- 2 Tony Lorenzen, Osseo (12) 49.47
- 2 Aaron Deutsch, Stillwater (12) 50.00
- 4 Jacob Conway, Waseca (11) 50.24
- 5 Perry Cook, Blaine (12) 51.02
- 6 Boyd Burke, St. Francis (11) 51.35
- 7 Chuck Harris, Minnetonka (12) 51.67
- 8 Jeremy Blake, Moorhead (12) 52.02
- 9 Eric Anderson, Lakeville (10) 53.22

800 Meter Run

Heat 1

- 1 Ron Hoffner, Park Center (12) 1:57.88
- 2 Eric Schmeckpeper, Forest Lake (11) 1:58.46
- 3 Andy Quist, Alexandria (12) 1:58.74
- 4 Tony Foss, Cretin-DH (11) 1:58.89
- 5 Drew Heise, Mankato West (12) 1:59.20
- 6 Zach Miller, Duluth Central (11) 2:00.12
- 7 Tom Roman, Mounds View (12) 2:06.40
- 8 Justin Edwards, Red Wing (10) 2:06.59

Heat 2

- 1 James Billings, Eagan (12) 1:57.94
- 2 Dave Wenell, Wayzata (12) 1:59.91
- 3 Rob Edwards, Prior Lake (11) 2:00.45
- 4 Rasheed Harris, Mpls North (12) 2:01.12
- 5 Geoff Williamson, Woodbury (12) 2:01.78
- 6 Pat Peifer, Hopkins (12) 2:01.88
- 7 Brian Lloyd, St. Cloud Tech (12) 2:03.18
- 8 Andy St. Sauver, Mounds View (12) 2:13.37

Final

- 1 James Billings, Eagan (12) 1:56.90
- 2 Ron Hoffner, Park Center (12) 1:58.25
- 3 Eric Schmeckpeper, Forest Lake (11) 1:59.24
- 4 Dave Wenell, Wayzata (12) 1:59.41
- 5 Drew Heise, Mankato West (12) 2:00.12
- 6 Tony Foss, Cretin-DH (11) 2:00.51
- 7 Andy Quist, Alexandria (12) 2:00.64
- 8 Rob Edwards, Prior Lake (11) 2:02.46
- 9 Zach Miller, Duluth Central (11) 2:07.90

1600 Meter Run

- 1 Jay Schoenfelder, Duluth East (12) 4:18.05
- 2 Josh Brang, Winona (12) 4:20.84
- 3 Ron Hoffner, Park Center (12) 4:21.55

- 4 James Billings, Eagan (12) 4:23.89
- 5 Jeremy Polson, Duluth Denfeld (11) 4:24.31
- 6 Todd Landgraff, Mankato West (12) 4:24.72
- 7 John Auel, Elk River (12) 4:26.26
- 8 Ryan Kollman, Centennial (11) 4:26.26
- 9 Eric Loeffler, Fergus Falls (12) 4:27.68
- 12 David Herman, Wayzata (10) 4:30.16

3200 Meter Run Class AA Record

- 1 Jay Schoenfelder, Duluth East (12) 9:03.12
- 2 Josh Brang, Winona (12) 9:17.39
- 3 Nic Matack, Duluth East (10) 9:18.97
- 4 Todd Landgraff, Mankato West (12) 9:19.24
- 5 Jeremy Polson, Duluth Denfeld (11) 9:23.11
- 6 Zac Schendel, Red Wing (11) 9:24.79
- 7 Ryan Kollman, Centennial (11) 9:25.40
- 8 Chris Sutherland, Coon Rapids (12) 9:27.22
- 9 Phil Smith, Lakeville (11) 9:32.93
- 10 Eric Loeffler, Fergus Falls (12) 9:34.30
- 11 Jacob Hallen, Wayzata 9:34.41
- 12 Jeff Flory, St. Paul Cental (11) 9:35.85
- 13 Steve Paske, Osseo (11) 9:37.21
- 14 Jamie Schneider, South St. Paul (11) 9:42.26
- 15 Eric Anderson, Fairmont (10) 9:47.86
- 16 Dave Herman, Wayzata (10) 9:48.99
- 17 Jeremy Estenson, Alexandria (12) 10:00.69
- dnf Steve Leuer, Osseo (11)

110 Meter High Hurdles

Heat 1

- 1 Craig Fredrickson, Detroit Lakes (11) 14.98
- 2 Joe Kaczor, Grand Rapids (12) 15.06
- 3 James Lesure, St Paul Como Park (12) 15.35
- 4 Brian Rehnke, Bloom. Kennedy (11) 15.54
- 5 Zac Hinz, Farmington (11) 15.93
- 6 Justin Gail, Moorhead (10) 16.32
- 7 Nate Robertson, Anoka (11) 16.37
- dnf Todd Schroeder, Osseo (12)

Heat 2

- 1 Tony Asay, Hutchinson (12) 14.84
- 2 Brad Piermantier, Park, Cottage Grove (11) 15.08
- 3 Scott Hentges, Forest Lake (12) 15.13
- 4 Matt Steele, Eden Prairie (10) 15.18
- 5 Chris Huntley, Stillwater (12) 15.64
- 6 Chris Roessler, Monticello (12) 15.76
- 7 Steve Sorenson, Eagan (11) 15.95
- 8 Anthony Wesley, Park Center (11) 16.23

Final

- 1 Joe Kaczor, Grand Rapids (12) 14.59 w
- 2 Tony Asay, Hutchinson (12) 14.60
- 3 Brad Piermantier, Park, Cottage Grove (11) 14.85
- 4 Matt Steele, Eden Prairie (10) 14.89
- 5 Scott Hentges, Forest Lake (12) 15.10
- 6 Brian Rehnke, Bloom. Kennedy (11) 15.25
- 7 Chris Huntley, Stillwater (12) 15.35
- 8 James Lesure, St Paul Como Park (12) 15.55

300 Meter Intermediate Hurdles

- 1 Craig Fredrickson, Detroit Lakes (11) 38.75
- 2 Tony Asay, Hutchinson (12) 39.42
- 3 Joe Kaczor, Grand Rapids (12) 39.49
- 4 Adam Kress, Roseville (11) 39.85
- 5 Mark Warder, Burnsville (12) 39.86
- 6 Ryan Reetz, Forest Lake (11) 40.96
- 7 Jim Seleski, Hastings (11) 43.85
- dnf Tom Gulden, Park Center (11)

Heat 2

- 1 Ryan Finke, Rochester Mayo (11) 39.49

- 2 Chris Adams, Mounds View (12) 40.11
- 3 Andy Seiffert, Buffalo (12) 40.24
- 4 Russ Barclay, Apple Valley (12) 40.27
- 5 Chris Huntley, Stillwater (12) 40.34
- 6 Ryan Bromenschenkel, Fridley (12) 41.27
- 7 Zac Hinz, Farmington (11) 41.54
- 8 Matt Young, Moorhead (11) 41.91

Final

- 1 Craig Fredrickson, Detroit Lakes (11) 38.99
- 2 Tony Asay, Hutchinson (12) 39.67
- 3 Joe Kaczor, Grand Rapids (12) 39.71
- 4 Ryan Finke, Rochester Mayo (11) 39.95
- 5 Mark Warder, Burnsville (12) 40.06
- 6 Adam Kress, Roseville (11) 40.35
- 7 Chris Adams, Mounds View (12) 40.36
- 8 Andy Seiffert, Buffalo (12) 40.87
- 9 Russ Barclay, Apple Valley (12) 41.17

4 x 100 Relay

Heat 1

- 1 Coon Rapids 43.06
- 2 Apple Valley 43.61
- 3 St. Paul Central 43.83
- 4 Woodbury 43.84
- 5 Detroit Lakes 43.86
- 6 Robbinsdale Armstrong 43.96
- 7 Champlin Park 43.96
- 8 Mpls Washburn 44.21
- 9 Shakopee 44.48

Heat 2

- 1 Wayzata 43.00
- 2 Lakeville 43.05
- 3 Tartan 43.50
- 4 Minnetonka 43.80
- 5 Anoka 43.82
- 6 Moorhead 43.90
- 7 White Bear Lake 44.18
- 8 Duluth East 45.16
- 9 Tartan 48.14

Final

- 1 Wayzata (Ryan Porisch, Jon Lance, Aaron Redman, Jeff Tarnowski) 43.63
- 2 Lakeville 43.82
- 3 Coon Rapids 44.07
- 4 Bloomington Jefferson 44.08
- 5 Anoka 44.24
- 6 Woodbury 44.42
- 7 Apple Valley 44.61
- 8 Minnetonka 44.86
- 9 St Paul Central 45.04

4 x 400 Meter Relay

Heat 1

- 1 Minnetonka 3:25.74
- 2 Stillwater 3:26.07
- 3 Anoka 3:27.32
- 4 Apple Valley 3:28.41
- 5 Winona 3:31.76
- 6 Willmar 3:36.18

Heat 2

- 1 Burnsville 3:25.02
- 2 Bloomington Jefferson 3:25.04
- 3 Fridley 3:26.84
- 4 Roseville 3:27.34
- 5 Eagan 3:29.49
- 6 Grand Rapids 3:33.03
- 7 St Cloud Tech 3:33.70

Final

- 1 Bloomington Jefferson (Brant Grimes, Elliot Goltz, Kyle Swartout, Ben Marshall) 3:23.59
- 2 Minnetonka 3:24.24
- 3 Stillwater 3:25.16
- 4 Fridley 3:26.11
- 5 Burnsville 3:27.04
- 6 Anoka 3:27.05
- 7 Roseville 3:29.80
- 8 Eagan 3:30.32
- 9 Apple Valley 3:30.48

Sprint Medley Relay

Heat 1

- 1 Burnsville 3:35.54
- 2 Apple Valley 3:38.16
- 3 Park, Cottage Grove 3:39.10
- 4 Bloomington Jefferson 3:39.68
- 5 St Cloud Apollo 3:41.48
- 6 Mpls Southwest 3:44.87

Heat 2

- 1 Duluth East 3:36.57
- 2 Robbinsdale Armstrong 3:36.61
- 3 Faribault 3:37.07
- 4 Tartan 3:37.54
- 5 Minnetonka 3:39.34
- 6 Shakopee 3:39.69

Final

- 1 Burnsville (Jason Bean, Windlan Hall, Shane Hall, Shaun Murphy) 3:37.53
- 2 Bloomington Jefferson 3:38.33
- 3 Duluth East 3:38.62
- 4 Tartan 3:38.99
- 5 Apple Valley 3:39.18
- 6 Minnetonka 3:41.27
- 7 Robbinsdale Armstrong 3:41.72
- 8 Faribault 3:49.67

Long Jump

- 1 Matt Skulborstad, Rosemount (12) 22-3
- 2 Marcus Westbery, Mpls Washburn (12) 22-1 ½
- 3 Kyle Johnson, Coon Rapids (12) 21-9 ¾
- 4 Brant Grimes, Bloomington Jefferson (12) 21-8 ¼
- 5 Tony Asay, Hutchinson (12) 21-6 ¾ w
- 6 Steve Lynch, White Bear Lake (11) 21-0 ¼
- 7 Shane Swanberg, Chisago Lakes (12) 20-11 ½
- 8 Tony Cudo, Rosemount (12) 20-8 ½
- 9 Dan Szegda, Fridley (12) 20-7 ¾
- 10 Arick Scepurek, Little Falls (12) 20-4 ¾
- 11 Brian Schletty, Cretin-DH (11) 20-3 ¾
- 12 Bob Thornton, Duluth Denfeld (12) 20-3 ½
- 13 Ben Markshall, Bloom Jefferson (12) 20-1 ¾
- 14 Dave Phalakket, Worthington (11) 20-0
- 15 Ryan Schultz, Park, Cottage Grove 19-11 ½
- 16 Troy Lindner, Brainerd (12) 19-6 ¼

Triple Jump

- 1 Marcus Westbery, Mpls Washburn (12) 47-5 ¼
- 2 Troy Lindner, Brainerd (12) 45-8 ¼
- 3 Tony Schmitt, Shakopee (12) 45-3 ¾
- 4 11 Brian Schletty, Cretin-DH (11) 44-1
- 5 Arick Scepurek, Little Falls (12) 44-0
- 6 Tony Asay, Hutchinson (12) 43-11 ¾
- 7 Shane Swanberg, Chisago Lakes (12) 43-9 ¼
- 8 Cory Woodland, Bemidji (11) 43-6 ¼
- 9 Jake Brown, Grand Rapids (12) 43-5 ¼

Shot Put

- 1 Justin Asher, Wayzata (11) 57-1 ¾

- 2 Ken Froemming, Alexandria (12) 55-3 ¾
- 3 Anthony Johnson, Chaska (12) 52-4
- 4 Andy Agrimson, Stillwater (11) 52-3
- 5 Jeremiah Googins, Winona (12) 50-7 ¼
- 6 Ben Sobieski, Mahtomedi (10) 50-4 ½
- 7 Cory Prawdzik, Apple Valley (12) 50-4
- 8 Joe Hayes, Park, Cottage Grove (12) 49-11 ¼
- 9 Kris Hoffarth, St Paul Johnson (12) 49-9
- 10 Rob Bley Meyer, Forest Lake (11) 48-6
- 11 Jeff Anderson, Totino Grace (11) 48-1 ¼
- 12 Kelly Kobernusz, Hutchinson (12) 47-2 ¼
- 13 Eric McKibbin, Hibbing (12) 47-0 ½
- 14 Ben Bauer, Faribault (11) 46-9 ¾
- 15 Aaron Kiel, Park Center (12) 46-6 ½
- 16 Andy Rollison, St. Cloud Tech (11) 45-7

Discus

- 1 Justin Asher, Wayzata (11) 160-4
- 2 Lonnie Hoffbeck, Lakeville (12) 155-0
- 3 Ben Sobieski, Mahtomedi (10) 150-1
- 4 Eric Bolme, Grand Rapids (12) 149-8
- 5 Mark Pentilla, Forest Lake (12) 144-5
- 6 Ken Froemming, Alexandria (12) 143-4
- 7 Alex Barrett, Park Center (12) 142-1
- 8 Chris Takase, Park, Cottage Grove (12) 135-3
- 9 Andy Rollison, St. Cloud Tech (11) 130-4

High Jump

- 1 Marcus Westbery, Mpls Washburn (12) 6-10
- 2 Troy Shoberg, Forest Lake (12) 6-8
- 3 Matt Schroeder, Grand Rapids (11) 6-5
- 4 David Bauer, Hastings (10) 6-5
- 5 Brian Rehnke, Bloom. Kennedy (11) 6-4
- 6 Steve Baker, Buffalo (11) 6-2
- 7 Craig Fredrickson, Detroit Lakes (11) 6-2
- 8 Pedja Bjelogrljic, Wayzata (11) 6-2
- 9 Jeff Milkovich, Hibbing (12) 6-2
- Mike Adeshina, St Paul Johnson (11) 6-0
- Aaron Larson, Centennial (12) 6-0
- Jason Green, Mpls Washburn (12) 6-0
- Mike Opshal, Sauk Rapids (11) 6-0
- Thad Larson, Fairmont (12) 6-0
- Tim Hamer, Lakeville (12) 6-0
- Josh Salic, Rochester JM (10) 6-0
- Kyle Johnson, Coon Rapids (12) 6-0
- Matt England, Princeton (10) 6-0

Pole Vault *Class AA Record*

- 1 Mike Brockwell, Edina (11) 14-9
- 2 Chip Malmstrom, Mahtomedi (12) 14-6
- 3 Shawn Miller, Cambridge (11) 14-0
- 4 Khoun Thammalangsy, Lakeville (11) 14-0
- 5 Cory Grenier, Willmar (11) 13-9
- 6 Andy Stark, Apple Valley (12) 13-6
- 7 Nate Villnow, Willmar (12) 13-6
- 8 Shane Swanberg, Chisago Lakes (12) 13-0
- 9 Russ Green, Roseville (12) 13-0
- Rob Betterman, Alexandria (12) 13-0
- Andrew Eggerth, Spring Lake Park (12) 13-0
- Jamie Lindfors, Robbinsdale Cooper (12) 13-0
- Kyle Denoma, Roseville (12) 13-0
- Jed Bergstrom, Buffalo (10) 12-6
- Jason Schmidt, Centennial (12) 12-6
- Lance Bukowski, Sauk Rapids (12) 12-6
- Peter Kedrowski, Sauk Rapids (10) 12-0
- Bill Benolkin, Lakeville (11) 12-0
- Ryan Bromenschenkel, Fridley (12) 12-0
- Eric Raymond, Mpls Southwest (11) nhc

Team Scores

- 1 Wayzata 68
- 2 Bloomington Jefferson 46
- 3 Duluth East 40
- 4 Grand Rapids 35
- 5 Mpls Washburn 34
- 6 Lakeville 31
- 7 Rosemount 30
- 8 Hutchinson 29
- 9 Forest Lake 28
- 10 Stillwater 25
Winona 25
- 12 Coon Rapids 24
- 13 Burnsville 22
Mahtomedi 22
- 15 Detroit Lakes 21
Park Center 21
- 17 Eagan 20
- 18 Minnetonka 19
- 19 Apple Valley 17
Alexandria 17
- and 45 other teams