

1996 MSHSL A TRACK & FIELD CHAMPIONSHIP

National Sports Center, Blaine June 7 & 8, 1996

100 Meter Dash

Heat 1

- 1 Erik Hanson, Mesabi East (12) 10.77
- 2 Ted Simon, Blue Earth (12) 10.92
- 3 Allan Ashton, Mounds Park Acad (9) 11.00
- 4 Brian Hanka, Brooklyn Center (12) 11.05
- 5 Ryan Crowley, Fulda (12) 11.17
- 6 Dan Sondgeroth, Deer River (12) 11:27
- 7 Jeff Oelke, Blue Earth (10) 11.40
- 8 Rich Tessier, Ely (12) 11.42

Heat 2

- 1 Bob Hawkinson, BOLD (12) 11.00
- 2 Jason Jacobson, Aitkin (12) 11.10
- 3 Luke Pfeiffer, Frazee (12) 11.11
- 4 Will Gibson, Winona Cotter (12) 11.20
- 5 Chris Barth, Melrose (12) 11.33
- 6 Dave Swart, Murray County Central (11) 11.36
- 7 Tony Imholte, St Cloud Cathedral (12) 11.38

Heat 3

- 1 Bob Chvatal, Holy Angels (10) 11.02
- 2 John Hansen, Redwood Valley (12) 11.12
- 3 Fred Krohn, LaCrescent (11) 11.15
- 4 Charlie Lenn, Pine Island (9) 11.23
- 5 Mark Swanson, Clearbrook-Gonvick (12) 11.25
- 6 Jason Braaten, Perham (11) 11.32
- 7 Joey Dauner, Hawley/Ulen-Hitterdal (10) 11.60

Final

- 1 Erik Hanson, Mesabi East (12) 11.00
- 2 Bob Hawkinson, BOLD (12) 11.05
- 3 Ted Simon, Blue Earth (12) 11.10
- 4 Brian Hanka, Brooklyn Center (12) 11.13
- 5 Bob Chvatal, Holy Angels (10) 11.15
- 6 Allan Ashton, Mounds Park Acad (9) 11.26
- 7 Jason Jacobson, Aitkin (12) 11.28
Luke Pfeiffer, Frazee (12) 11.28
- 9 John Hansen, Redwood Valley (12) 11.33

200 Meter Dash

Heat 1

- 1 Adam Freed, Duluth Marshall (12) 21.77
- 2 Luke Pfeiffer, Frazee (12) 22.29
- 3 Charlie Lenn, Pine Island (9) 22.64
- 4 Mark Swanson, Clearbrook-Gonvick (12) 22.74
- 5 Aaron Virnig, Pierz (12) 23.34
- 6 Mike Jacobs, Lac qui Parle Valley (12) 23.64

Heat 2

- 1 Erik Hanson, Mesabi East (12) 22.11
- 2 John Hansen, Redwood Valley (12) 22.25
- 3 Ted Simon, Blue Earth (12) 22.40
- 4 Chris Barth, Melrose (12) 22.61
- 5 Corey Bergman, East Grand Forks (12) 22.78
- 6 Joey Dauner, Hawley/Ulen-Hitterdal (10) 23.25

Heat 3

- 1 Tom Gerding, Waconia (11) 22.11
- 2 Bob Hawkinson, BOLD (12) 22.25
- 3 Brian Hanka, Brooklyn Center (12) 22.57
- 4 Bob Quade, Martin County West (11) 22.76
- 5 John Hatlevig, Houston/Rushford-Peterson (12) 23.00
- 6 Ryan Greenhoff, Pipestone-Jasper (11) 23.22
- 7 Justin Lockhart, Menahga-Sebeka (10) 23.33

Final

- 1 Adam Freed, Duluth Marshall (12) 21.85
- 2 Erik Hanson, Mesabi East (12) 22.17
- 3 Bob Hawkinson, BOLD (12) 22.25

- 4 Luke Pfeiffer, Frazee (12) 22.35
- 5 Tom Gerding, Waconia (11) 22.64
- 6 Ted Simon, Blue Earth (12) 22.65
- 7 John Hansen, Redwood Valley (12) 22.84
- 8 Brian Hanka, Brooklyn Center (12) 22.92
- 9 Chris Barth, Melrose (12) 23.19

400 Meter Dash

Heat 1

- 1 Tom Gerding, Waconia (11) 49.24
- 2 Dan Sondgeroth, Deer River (12) 50.08
- 3 Chris Barth, Melrose (12) 50.78
- 4 Bob Quade, Martin County West (11) 50.90
- 5 Ryan Greenhoff, Pipestone-Jasper (11) 51.40
- 6 Justin Klitzke, Stephen (10) 52.11
- 7 Brian Helmstetter, Blue Earth (12) 52.66
- 8 Adam Prybelski, Austin Pacelli (11) 53.33
- 9 Nick Thelen, Park Rapids (12) 55.03

Heat 2

- 1 Adam Freed, Duluth Marshall (12) 48.94
- 2 Erik Hanson, Mesabi East (12) 49.37
- 3 Allan Ashton, Mounds Park Acad (9) 49.77
- 4 Casey Grunewald, Barnesville/Rothsay (9) 50.74
- 5 John Hansen, Redwood Valley (12) 51.59
- 6 Jimmy Solum, Barnesville/Rothsay (12) 51.94
- 7 David Hanson, Aitkin (9) 51.97
- 8 Tim Moenck, Caledonia/Spring Grove (12) 52.01
- dq Troy Sunde, New London-Spicer (12)

Final

- 1 Tom Gerding, Waconia (11) 47.66 (*Class A Record*)
- 2 Adam Freed, Duluth Marshall (12) 47.86
- 3 Erik Hanson, Mesabi East (12) 48.48
- 4 Dan Sondgeroth, Deer River (12) 49.30
- 5 Allan Ashton, Mounds Park Acad (9) 49.33
- 6 Casey Grunewald, Barnesville/Rothsay (9) 49.37
- 7 Bob Quade, Martin County West (11) 50.20
- 8 Ryan Greenhoff, Pipestone-Jasper (11) 50.82
- 9 Chris Barth, Melrose (12) 51.18

800 Meter Run

Heat 1

- 1 Jason Owen, Stewartville (12) 1:51.45 (*Class A Record*)
- 2 Ryan Losinski, Clevelan/Le Center (11) 2:00.01
- 3 Jeff Miller, New London-Spicer (12) 2:00.51
- 4 Shaun Fransen, Edgerton (11) 2:00.76
- 5 Jason Mielke, Annandale (12) 2:01.02
- 6 Nick Thelen, Park Rapids (12) 2:01.62
- 7 Jeremy Buboltz, Hermantown (12) 2:02.79
- 8 Chad Leister, Hawley/Ulen-Hitterdal (11) 2:03.08
- 9 Evan Burns, Breck (10) 2:03.43

Heat 2

- 1 Chad Zink, Rockford (12) 2:00.15
- 2 Dane Larson, Park Rapids (12) 2:00.66
- 3 Sam West, Mounds Park Academy (12) 2:01.47
- 4 Dan Hall, Rochester Lourdes (12) 2:02.00
- 5 Nick Gaul, Murray County Central (10) 2:02.02
- 6 Ryan Olson, Duluth Marshall (12) 2:02.55
- 7 Dan Schwamberger, Mankato Loyola (12) 2:02.99
- 8 Robin Bliss, Mora (12) 2:03.32
- 9 Abe Johnson, Pequot Lakes (12) 2:05.56

Final

- 1 Jason Owen, Stewartville (12) 1:50.72 (*Class A Record*)
- 2 Dane Larson, Park Rapids (12) 1:57.65
- 3 Ryan Losinski, Clevelan/Le Center (11) 1:57.71

- 4 Chad Zink, Rockford (12) 1:58.18
- 5 Shaun Fransen, Edgerton (11) 1:58.96
- 6 Jeff Miller, New London-Spicer (12) 1:59.70
- 7 Nick Thelen, Park Rapids (12) 2:00.58
- 8 Sam West, Mounds Park Academy (12) 2:01.55
- 9 Jason Mielke, Annandale (12) 2:01.77

1600 Meter Run

- 1 Jason Owen, Stewartville (12) 4:17.47
- 2 Dane Larson, Park Rapids (12) 4:22.38
- 3 James Mullenix, Carlton/Wrenshall (12) 4:27.13
- 4 Brent Lorentz, Wadena-Deer Creek (10) 4:27.78
- 5 Keith Rahn, Mountain Lake/Butterfield-O (12) 4:29.52
- 6 Brian Granholm, Cromwell (12) 4:29.69
- 7 Alex Schultz, St. Paul Academy (12) 4:30.74
- 8 Mike Harmer, Warroad (11) 4:31.22
- 9 Andrew Johnson, United South Central (11) 4:31.32

3200 Meter Run

- 1 Brian Leifried, Lincon H I (12) 9:37.28
 - 2 James Mullenix, Carlton/Wrenshall (12) 9:37.65
 - 3 Brian Granholm, Cromwell (12) 9:41.69
 - 4 Scott Major, Orono (12) 9:46.95
 - 5 Richard Skorczewski, Lincon H I (12) 9:47.02
 - 6 Russ Brandon, Bagley/Fosston (10) 9:47.44
 - 7 Mike Martin, St. Paul Academy (11) 9:52.53
 - 8 Ryan Bickler, Austin Pacelli (12) 9:54.38
 - 9 Derek Matilla, Staples-Motley (10) 9:57.87
 - 10 Keith Rahn, Mountain Lake/Butterfield-O (12) 9:58.30
 - 11 Phil Larson, Rochester Lourdes (10) 9:58.37
 - 12 Chris Goebel, Albany (11) 10:15.34
 - 13 Steve Edlund, Morris (11) 10:16.37
 - 14 Nate Foss, Glencoe-Silver Lake (12) 10:21.22
 - 15 Andrew Cole, Mankato Loyola (10) 10:47.28
- dq Mike Harmer, Warroad (11)

110 Meter High Hurdles

Heat 1

- 1 Luke Pfeifer, Frazee (12) 14.47
- 2 Nick Dille, Litchfield (12) 15.27
- 3 Mike Jacobs, Lac qui Parle Valley (12) 15:34
- 4 Tyler Homstad, Cromwell (11) 15.44
- 5 Ryan Rettke, Morris (12) 15.67
- 6 Joe Engels, Holy Angels (12) 15.85
- 7 Chad Twedt, Lake Park-Audubon (12) 16.34

Heat 2

- 1 Mark Jacobson, Park Rapids (12) 14.66
- 2 Dave Mayhew, Holy Angels (11) 14.79
- 3 Adam DeCook, Byron (12) 14.97
- 4 Jamie Kunstleben, Holdingford (12) 15.04
- 5 Trent Stanton, Blue Earth (11) 15.76
- 6 Tim Bobeldyk, Murray County Central (11) 15.82
- 7 Jeff Eckstein, Gibbon-Fairfax-Winthrop (12) 15.84

Heat 3

- 1 Skip Roepke, Clearbrook-Gonvick (12) 15.27
- 2 Ryan Manion, Big Lake (12) 15.38
- 3 Derek Walgrave, Luverne (11) 15.47
- 4 Chris Lehman, Esko (12) 15.53
- 5 Erik Kelly, Staples-Motley (11) 15.72
- 6 Jay Schmoll, Triton (12) 15.77

Final

- 1 Luke Pfeifer, Frazee (12) 14.48
- 2 Mark Jacobson, Park Rapids (12) 15.00
- 3 Adam DeCook, Byron (12) 15.06
- 4 Dave Mayhew, Holy Angels (11) 15.26
- 5 Skip Roepke, Clearbrook-Gonvick (12) 15.36
- 6 Ryan Manion, Big Lake (12) 15.50
- 7 Mike Jacobs, Lac qui Parle Valley (12) 15.66

- 8 Nick Dille, Litchfield (12) 16.23

300 Meter Intermediate Hurdles

Heat 1

- 1 Dave Mayhew, Holy Angels (11) 38.96
- 2 Jamie Kunstleben, Holdingford (12) 39.31
- 3 Will Gibson, Winona Cotter (12) 39.51
- 4 Jeff King, East Grand Forks (10) 39.84
- 5 Beau Johnson, Chisholm (12) 40.34
- 6 Erik Kelly, Staples-Motley (11) 41.23
- 7 Will Pung, Braham (12) 42.14
- 8 Trent Stanton, Blue Earth (11) 43.21

Heat 2

- 1 Mark Jacobson, Park Rapids (12) 39.71
 - 2 Skip Roepke, Clearbrook-Gonvick (12) 39.90
 - 3 Adam DeCook, Byron (12) 40.13
 - 4 Jeff Eckstein, Gibbon-Fairfax-Winthrop (12) 40.91
 - 5 Chris Lehman, Esko (12) 42.00
 - 6 Derek Walgrave, Luverne (11) 42.40
 - 7 Saun Bauer, Battle Lake/Henning/Underwood (11) 42.88
 - 8 Ryan Crowley, Fulda (12) 50.47
- dnf Aaron Virnig, Pierz (12)

Final

- 1 Jamie Kunstleben, Holdingford (12) 38.81
- 2 Mark Jacobson, Park Rapids (12) 39.09
- 3 Dave Mayhew, Holy Angels (11) 39.11
- 4 Will Gibson, Winona Cotter (12) 39.23
- 5 Adam DeCook, Byron (12) 39.76
- 6 Jeff King, East Grand Forks (10) 39.89
- 7 Beau Johnson, Chisholm (12) 39.91
- 8 Skip Roepke, Clearbrook-Gonvick (12) 40.66
- 9 Jeff Eckstein, Gibbon-Fairfax-Winthrop (12) 40.88

4 x 100 Relay

- 1 Brooklyn Center (Shawn Kuykendall, Josh Marsh, Justin Marsh, Brian Hanka) 43.13
- 2 Winona Cotter 43.17
- 3 Ely 43.90
- 4 Hermantown 44.42
- 5 LaCrescent 44.44
- 6 Murray County Central 44.57
- 7 Waconia 44.79
- 8 St. Cloud Cathedral 44.84
- 9 Perham 44.84

4 x 400 Relay

Heat 1

- 1 Stewartville 3:25.84
- 2 Barnesville/Rothsay 3:25.97
- 3 Park Rapids 3:26.92
- 4 Holy Angels 3:27.80
- 5 Sartell 3:28.29
- 6 Deer River 3:32.01
- 7 Paynesville 3:33.71
- 8 Cleveland/Le Center 3:35.30

Heat 2

- 1 Winona Cotter 3:26.18
- 2 Blue Earth 3:27.14
- 3 Hermantown 3:27.48
- 4 Fulda 3:29.04
- 5 New London-Spicer 3:29.09
- 6 Breckenridge/Campbell-Tintah 3:29.26
- 7 Badger/Greenbush-Mid Riv/Tri 3:30.90
- 8 Hawley/Ulen-Hitterdal 3:35.57

Final

- 1 Stewartville (Aaron Meyer, Jim Owen, Rob Burgr, Jason Owen) 3:24.44
- 2 Winona Cotter 3:25.26

- 3 Blue Earth 3:26.26
- 4 Barnesville/Rothsay 3:26.55
- 5 Hermantown 3:28.03
- 6 Sartell 3:28.65
- 7 Park Rapids 3:29.87
- 8 Holy Angels 3:30.27
- 9 Fulda 3:33.19

Sprint Medley Relay

Heat 1

- 1 Cleveland/ Le Center 3:43.37
 - 2 Mora 3:44.05
 - 3 Jackson 3:44.59
 - 4 Lake City 3:45.60
 - 5 Rockford 3:48.44
- dq Big Lake

Heat 2

- 1 East Grand Forks 3:39.12
 - 2 Hermantown 3:39.43
 - 3 New London Spicer 3:43.91
 - 4 Brooklyn Center 3:44.67
 - 5 Rochester Lourdes 3:49.86
- dq Hawley/Ulen-Hitterdal

Final

- 1 East Grand Forks (Corey Bergman, Jeff King, Jason Chaput, Nathan Rasch) 3:35.28
- 2 Hermantown 3:35.92
- 3 New London Spicer 3:37.69
- 4 Cleveland/ Le Center 3:38.34
- 5 Jackson 3:38.74
- 6 Mora 3:38.89
- 7 Brooklyn Center 3:40.84
- 8 Lake City 3:41.56
- 9 Rockford 3:46.70

Long Jump

- 1 Adam Freed, Duluth Marshall (12) 23-7 ½
 - 2 Justin Lockhart, Menahga-Sebeka (10) 22-3 ¼
 - 3 Jay Hatteli, Fillmore Central/Lanesboro (12) 21-9 ¾
 - 4 Lucas tenCate, Ogilvie (12) 21-9 ½
 - 5 Erik Hanson, Mesabi East (12) 21-8 ½
 - 6 Jesse Graupman, Norwood-Young America (12) 21-6 ¼
 - 7 Kyle Steffen, Elgin-Millville (12) 21-6
 - 8 Mike Timm, Yellow Medicine East (12) 21-5
 - 9 Tom Braun, Fulda (11) 21-2 ¼
 - 10 Tony Imholte, St. Cloud Cathedral (12) 20-7 ¼
 - 11 Tim Vos, Albany (12) 20-1
 - 12 Kyle Schrupp, Perham (10) 19-11 ½
 - 13 Mike Miller, Lake Crystal-Wellcome Memorial (9) 19-7 ¼
 - 14 Tim Moenck, Caledonia/Spring Grove (12) 19-7
 - 15 Ben Dorman, Clearbrook-Gonvick (12) 13-11
- nd Bob Chvatal, Holy Angels (10)
nd Paul Peterson, Oklee/Red Lake Falls/Plummer

Shot Put

- 1 Tim Senjem, Hayfield (12) 62-8 *All-Time State Record*
- 2 Brent Stiles, Lewiston-Altura (12) 54-11 ¼
- 3 Travis Zins, Nicollet (12) 52-7 ½
- 4 Ben Meyer, Pine Island (12) 51-10
- 5 Justin Staebler, Perham (10) 51-7 ½
- 6 Shaun Bruggeman, Win-E-Mac (12) 50-1 ¾
- 7 Jesse Rein, Fillmore Central/Lanesboro (11) 50-1 ½
- 8 Billy Burnside, Hawley/Ulen-Hitterdal (12) 50-0 ½
- 9 Andrew Hooks, Jr., Brooklyn Center (12) 48-10
- 10 Bob Welch, Wabasso (12) 47-9 ½
- 11 Simon Stewart, Carlton/Wrenshall (10) 47-7 ¾
- 12 Thor Johnson, Bigfork (10) 47-5
- 13 Nathan Althoff, Delano (12) 46-10

- 14 Matt Woodford, Mayer Lutheran (12) 46-0 ¾
- 15 Josh Pantzke, Sartell (10) 46-0 ½
- 16 Travis Guida, Park Rapids (11) 46-0 ¼
- 17 David Homan, Redwood Valley (10) 45-8
- 18 Bernie Mutzke, LeSueur-Henderson/MN NewC (11) 44-0 ¼

Discus Throw

- 1 Travis Zins, Nicollet (12) 159-4
- 2 Ben Nyquist, Dassel-Cokato (10) 155-8
- 3 Matt Woodford, Mayer Lutheran (12) 150-4
- 4 Nick Gruys, Annandale (10) 149-10
- 5 Travis Guida, Park Rapids (11) 148-10
- 6 Tom Lofgren, Stewartville (10) 148-2
- 7 Jake Lane, Chatfield (12) 147-7
- 8 Gary Link, Battle Lake/Henning/Underwood (12) 143-1
- 9 Dan Duncan, Lincoln HI (12) 141-8

Triple Jump

- 1 Josh Bailey, Barnum (11) 43-10 ½
- 2 Jesse Graupman, Norwood-Young America (12) 43-4
- 3 Kyle Steffen, Elgin-Millville (12) 43-4
- 4 Tim Otremba, Long Prairie-Grey Eagle (11) 43-2
- 5 Brad Mattson, Granada-Huntley-East Chain/ML (12) 43-2
- 6 Jay Hatteli, Fillmore Central/Lanesboro (12) 42-6 ¾
- 7 Andre Stevenson, Brooklyn Center (12) 42-6
- 8 Justin Dahlager, Belview-Danube-Renville-SH (10) 42-4 ½
- 9 Greg North, Fertile-Beltrami (12) 42-2 ¼

High Jump

- 1 Mike Kieffer, Foley (9) 6-6
 - 2 Ryan Good, Dover-Eyota/St. Charles (11) 6-5
 - 3 Ned Wrightson, Sartell (12) 6-4
 - 4 Joe Schmidgall, Morris (10) 6-4
 - 5 Mike Trisco, Becker/Autumn Ridge (12) 6-4
 - 6 Luke Pfeifer, Frazee (12) 6-3
 - 7 Jobi Colwell, Ellsworth (11) 6-3
 - 8 John Rierson, Atwater-Cosmos-Grove City (11) 6-2
 - 9 Brian Granholm, Cromwell (12) 6-2
 - 10 Andy Wohlin, Concordia Academy (10) 6-0
- Rob Haag, Eden Valley-Watkins/Kimball (11) 6-0
Jeff Bentley, Hawley/Ulen-Hitterdal (12) 6-0
- nh Mark Thompson, Warren-Alvarado-Oslo/Argyle (11)
nh Troy Haar, Heron Lake-Okabena-Lakefield (12)
nh Shane Hraben, Two Harbors (11)
nh Arron Kalis, Blue Earth (11)
nh Kyle Staloch, Maple River (10)
nh Drew Gibson, Winona Cotter (11)
nh Casey Arnold, Eden Valley-Watkins/Kimball (11)
scr Lewis Garrett, Brooklyn Center (12)

Pole Vault

- 1 Jay Hatteli, Fillmore Central/Lanesboro (12) 14-0
 - 2 Bryan Malz, Mayer Lutheran (12) 13-9
 - 3 Josh Bennett, Perham (10) 13-3
 - 4 Joel Hovland, Heron Lake-Okabena-Lakefield (12) 13-3
 - 5 Brandon Swartz, Sartell (11) 13-3
 - 6 Chris Lehman, Esko (12) 13-0
 - 7 David Bakke, Saint Peter (11) 13-0
 - 8 Andre Stevenson, Brooklyn Center (12) 12-6
- Ben Sieben, Melrose (12) 12-6
10 Branden McGrath, Plainview (11) 12-6
Joe Olson, Deer River (12) 12-6
12 Kevin Werk, Morris (12) 12-0
13 Tim Schmiedeberg, Warren-Alvarado-Oslo/A (11) 11-6
- nh Jethro Klotz, Park Rapids (12)
nh Travis Snyder, Lake Crystal-Wellcome Memorial (11)
scr Cory Ebbers, Fulda (12)

Team Scores

- 1 Park Rapids 51
- 2 Stewartville 40
- 3 Mesabi East 35
- 4 Duluth Marshall 34
- 5 Brooklyn Center 28 ½
- 6 Lanesboro/Fillmore Central 27
- 7 Winona Cotter 26
- 8 Frazee 24 ½
- 9 Hermantown 21
Holy Angels 21