

1996 MSHSL AA TRACK & FIELD CHAMPIONSHIP

National Sports Center, Blaine June 7 & 8, 1996

100 Meter Dash

Heat 1

- 1 Jerry Burch, Cretin-DH (10) 10.94
- 2 Ryan Buitenhoff, St Cloud Tech (12) 10.99
- 3 Jeff Tarnowski, Wayzata(12) 11.04
- 4 Matt Wordelman, Owatonna (12) 11.09
- 5 Beau Rothschild, Moorhead (11) 11.17
- 6 Cedric Galbreath, Mpls North (10) 11.20
- 7 Matt Taylor, Duluth East (10) 11.22
- 8 Willie Vargas, Buffalo (11) 11.22
- 9 Mike Lynch, Monticello (10) 11.40

Heat 2

- 1 Jermaine Brown, Champlin Park (11) 10.84
- 2 Ricky Thomas, Champlin Park (11) 10.96
- 3 Marc Brown, SP Highland Park (12) 10.99
- 4 Fred Harris, Mahtomedi (11) 11.12
- 5 Steve Grove, Northfield (12) 11.19
- 6 Bill Hogan, Minnetonka (12) 11.21
- 7 Joe Ferraro, Forest Lake (11) 11.27
- 8 Adam Totushek, Hutchinson (11) 11.29
- 9 Cortez Miller, Mpls Edison (11) 11.32

Final

- 1 Jerry Burch, Cretin-DH (10) 10.75 wa
- 2 Jermaine Brown, Champlin Park (11) 10.77
- 3 Marc Brown, SP Highland Park (12) 10.93
- 4 Ricky Thomas, Champlin Park (11) 10.95
- 5 Ryan Buitenhoff, St Cloud Tech (12) 10.98
- 6 Jeff Tarnowski, Wayzata(12) 11.05
- 7 Matt Wordelman, Owatonna (12) 11.14
- 8 Fred Harris, Mahtomedi (11) 11.23
- 9 Beau Rothschild, Moorhead (11) 11.25

200 Meter Dash

Heat 1

- 1 Jerry Burch, Cretin-DH (10) 21.84
- 2 Jermaine Brown, Champlin Park (11) 22.15
- 3 Todd Veroeven, Mankato East (12) 22.42
- 4 Cedric Galbreath, Mpls North (10) 22.61
- 5 Matt Wordelman, Owatonna (12) 22.71
- 6 Kevin Campbell, Minnetonka (11) 22.72
- 7 Eric Harp, Mpls South (11) 22.87
- 8 Matt Nelson, Chisago Lakes Area (11) 22.96

Heat 2

- 1 Melvin Carter, St Paul Central (11) 21.80
- 2 Ricky Thomas, Champlin Park (11) 22.13
- 3 Josh Wilske, Lakeville (11) 22.17
- 4 Craig Fredrickson, Detroit Lakes (12) 22.52
- 5 Bill Hogan, Minnetonka (12) 22.53
- 6 John Person, Elk River (10) 22.63
- 7 Jacob Conway, Waseca (12) 22.75
- 8 Joe Ferraro, Forest Lake (11) 22.87

Final

- 1 Jerry Burch, Cretin-DH (10) 21.84
- 2 Melvin Carter, St Paul Central (11) 21.95
- 3 Jermaine Brown, Champlin Park (11) 22.14
- 4 Ricky Thomas, Champlin Park (11) 22.27
- 5 Cedric Galbreath, Mpls North (10) 22.54
- 6 Josh Wilske, Lakeville (11) 22.57
- 7 Craig Fredrickson, Detroit Lakes (12) 22.69
- 8 Todd Veroeven, Mankato East (12) 22.70
- 9 Bill Hogan, Minnetonka (12) 22.99

400 Meter Dash

Heat 1

- 1 Melvin Carter, St Paul Central (11) 49.96
- 2 Trevor Mitchell, Stillwater (11) 50.31
- 3 Shane Hall, Burnsville (11) 50.77
- 4 Marcus Ludtke, Albert Lea/Alden-C (11) 51.31
- 5 Nino Zezza, Mahtomedi (12) 51.51
- 6 Chris Snoddy, Mpls Washburn (12) 51.71
- 7 Zane York, Austin (12) 53.08

dq Jason Broughton

Heat 2

- 1 John Person, Elk River (10) 50.37
- 2 Joe Dusbabek, Minnetonka (12) 50.70
- 3 Andy Wiberg, Totino Grace (11) 50.89
- 4 Todd Veroeven, Mankato East (12) 51.30
- 5 Matt Raml, St Cloud Apollo (12) 51.34
- 6 Erik Schmeckpeper, Forest Lake (12) 51.42
- 7 Boyd Burke, St. Francis (12) 52.11
- 8 Sean Qualy, Hastings (12) 52.36

Final

- 1 Melvin Carter, St Paul Central (11) 49.15
- 2 Joe Dusbabek, Minnetonka (12) 49.50
- 3 Shane Hall, Burnsville (11) 49.67
- 4 John Person, Elk River (10) 49.99
- 5 Trevor Mitchell, Stillwater (11) 50.22
- 6 Andy Wiberg, Totino Grace (11) 50.22
- 7 Marcus Ludtke, Albert Lea/Alden-C (11) 50.92
- 8 Matt Raml, St Cloud Apollo (12) 50.99
- 9 Todd Veroeven, Mankato East (12) 51.27

800 Meter Run

Heat 1

- 1 Tony Foss, Cretin-DH (12) 1:57.51
- 2 Rob Edwards, Prior Lake (12) 1:58.04
- 3 Justin Stoltman, St. Francis (11) 1:58.48
- 4 Mitch Ohnstad, Faribault (12) 1:59.31
- 5 Dan Alstatt, Stillwater (12) 1:59.61
- 6 Joe Nelson, Coon Rapids (11) 2:00.66
- 7 James Larson, Park Center (10) 2:04.0
8. Aaron Feia, Little Falls (11) 2:05.65

Heat 2

- 1 Josh Boon, Park, Cottage Grove (12) 1:57.86
- 2 T.J. Snell, Eden Prairie (11) 1:58.45
- 3 Shaun Murphy, Burnsville (12) 1:59.00
- 4 Dominic Ewers, St. Cloud Tech (12) 1:59.18
- 5 Brent Neveau, Duluth Denfeld (12) 2:00.85
- 6 Eric Hanson, Winona (12) 2:02.87
- 7 Josh Tickner, Mpls South (11) 2:04.20
- 8 Eric Hawes, Hutchinson (11) 2:15.66

Final

- 1 Rob Edwards, Prior Lake (12) 1:54.64
- 2 Tony Foss, Cretin-DH (12) 1:54.83
- 3 T.J. Snell, Eden Prairie (11) 1:55.89
- 4 Josh Boon, Park, Cottage Grove (12) 1:56.03
- 5 Shaun Murphy, Burnsville (12) 1:56.79
- 6 Dan Alstatt, Stillwater (12) 1:57.83
- 7 Justin Stoltman, St. Francis (11) 1:57.85
- 8 Mitch Ohnstad, Faribault (12) 1:58.20
- 9 Dominic Ewers, St. Cloud Tech (12) 2:00.45

1600 Meter Run

- 1 Andy Tate, Stillwater (12) 4:13.07
- 2 Jeremy Polson, Duluth Denfeld (12) 4:13.13
- 3 Steve Leuer, Osseo (12) 4:14.78
- 4 Ryan Kollman, Centennial (12) 4:16.00
- 5 Jason Greene, Lakeville (12) 4:16.99

- 6 Nic Matack, Duluth East (11) 4:19.62
- 7 Luke Watson, Stillwater (10) 4:19.99
- 8 David Herman, Wayzata (11) 4:20.01
- 9 Chuck Smith, Lakeville (12) 4:21.07
- ?? Jeff Stewart, Wayzata (11) 4:30.52

3200 Meter Run

- 1 Jeremy Polson, Duluth Denfeld (12) 9:24.57
- 2 Nic Matack, Duluth East (11) 9:27.32
- 3 Ryan Kollman, Centennial (12) 9:27.64
- 4 Andy Tate, Stillwater (12) 9:28.42
- 5 Zac Schendel, Red Wing (12) 9:29.09
- 6 David Herman, Wayzata (11) 9:29.95
- 7 Chris Anderson, Chisago Lakes Area (12) 9:31.07
- 8 Steve Leuer, Osseo (12) 9:32.77
- 9 Rob Edwards, Prior Lake (12) 9:37.55
- 10 Chuck Smith, Lakeville (12) 9:38.60
- 11 Kori Kuhn, Brainerd (11) 9:38.75
- 12 Chris Rogers, Moorhead (12) 9:40.45
- 13 Luke Watson, Stillwater (10) 9:43.72
- 14 Steve Paske, Osseo (12) 9:44.05
- 15 Eric Anderson, Fairmont (11) 9:46.99
- 16 Phil Smith, Lakeville (12) 9:51.26
- 17 Matt Schadow, Hopkins (11) 9:52.18
- 18 Dan Campbell, Hastings (12) 10:06.49
- 19 Jason Greene, Lakeville (12) 10:06.84
- 20 Dave Duede, Park, Cottage Grove (11) 10:24.74

110 Meter High Hurdles

Heat 1

- 1 Craig Fredrickson, Detroit Lakes (12) 14.60
- 2 Brad Piermantier, Park, Cottage Grove (12) 14.71
- 3 Matt Young, Moorhead (12) 14.86
- 4 Mike Luedtke, Alexandria (12) 15.16
- 5 Nate Robertson, Anoka (12) 15.23
- 6 Steve Sorenson, Eagan (12) 15.38
- 7 Derek Sykes, North Branch (9) 16.00
- 8 Rob Hurst, Grand Rapids (10) 16.13
- dnf Eric Refsland, Willmar (12)

Heat 2

- 1 Rick Rose, Eden Prairie (12) 14.57
- 2 Matt Steele, Eden Prairie (11) 14.59
- 3 Brian Rehnke, Bloom. Kennedy (12) 14.89
- 4 Steve Kupcho, White Bear Lake (12) 15.04
- 5 Brandon Zuercher, Roseville (12) 15.36
- 6 Thomas Gulden, Park Center (12) 15.52
- 7 Tom Hoseck, Winona (12) 15.82
- 8 Ryan Quinn, Willmar (12) 15.84
- 9 Antonio Wesley, Park Center (12) 15.97

Final

- 1 Matt Steele, Eden Prairie (11) 14.45
- 2 Craig Fredrickson, Detroit Lakes (12) 14.61
- 3 Brad Piermantier, Park, Cottage Grove (12) 14.83
- 4 Brian Rehnke, Bloom. Kennedy (12) 14.88
- 5 Matt Young, Moorhead (12) 15.10
- 6 Steve Kupcho, White Bear Lake (12) 15.21
- 7 Nate Robertson, Anoka (12) 15.45
- 8 Rick Rose, Eden Prairie (12) 15.56
- 9 Mike Luedtke, Alexandria (12) 16.83

300 Meter Intermediate Hurdles

Heat 1

- 1 Steve Grove, Northfield (12) 38.82
- 2 Aaron Bahn, Coon Rapids (12) 39.80
- 3 Matt Young, Moorhead (12) 39.85
- 4 Tom Hoseck, Winona (12) 39.95
- 5 Charlie Nelson, Mankato West (11) 40.14
- 6 Ryan McKibbin, Proctor (12) 40.92

- 7 Jeff Miller, St Louis Park (11) 41.72
- 8 Rick Rose, Eden Prairie (12) 41.76

Heat 2

- 1 Craig Fredrickson, Detroit Lakes (12) 39.16
- 2 Adam Kress, Roseville (12) 39.88
- 3 Adam Leibman, Minnetonka (11) 39.95
- 4 Jim Seleski, Hastings (12) 40.33
- 5 Nate Hedtke, Duluth East 41.35
- 6 Tim Goebel, Tartan (12) 41.36
- 7 Jayme Pantecoek, Mankato West (10) 42.43
- dq Thomas Gulden, Park Center

Final

- 1 Adam Kress, Roseville (12) 38.22
- 2 Craig Fredrickson, Detroit Lakes (12) 38.29
- 3 Steve Grove, Northfield (12) 38.44
- 4 Adam Leibman, Minnetonka (11) 39.29
- 5 Aaron Bahn, Coon Rapids (12) 39.42
- 6 Matt Young, Moorhead (12) 39.86
- 7 Tom Hoseck, Winona (12) 39.94
- 8 Jim Seleski, Hastings (12) 40.09
- 9 Charlie Nelson, Mankato West (11) 41.59

4x100 Relay

- 1 Tartan (Faron Kuehn, Kris VanRanst, Tim Goebel, Tim Newton) 42.91
- 2 Apple Valley 43.03
- 3 Champlin Park 43.13
- 4 Lakeville 43.14
- 5 Moorhead 43.29
- 6 Roseville 43.46
- 7 Waseca 44.51
- 8 Forest Lake 44.58
- 9 Mpls North 44.83

4x400 Relay

Heat 1

- 1 Stillwater 3:25.26
- 2 St Cloud Tech 3:26.11
- 3 Roseville 3:27.87
- 4 Albert Lea/Alden-Conger 3:27.96
- 5 St Louis Park 3:41.29
- dq Mahtomedi

Heat 2

- 1 Minnetonka 3:26.32
- 2 Winona 3:27.37
- 3 Faribault 3:27.72
- 4 Buffalo 3:28.22
- 5 St. Francis 3:45.37

Final

- 1 Minnetonka (Tim Felty, Latiff Lewis, Kevin Campbell, Joe Dusbabek) 3:20.77
- 2 Stillwater 3:21.65
- 3 Roseville 3:24.24
- 4 Winona 3:24.26
- 5 St Cloud Tech 3:24.91
- 6 Albert Lea/Alden-Conger 3:27.44
- 7 Faribault 3:28.84
- 8 St Louis Park 3:38.05
- dq Buffalo

Sprint Medley Relay

Heat 1

- 1 Minnetonka 3:38.0
- 2 Bloom. Jefferson 3:38.7
- 3 Burnsville 3:38.9
- 4 Stillwater 3:40.0
- 5 Rosemount 3:40.2
- 6 Duluth East 3:40.3

- 7 Little Falls 3:40.7
Heat 2
1 St. Francis 3:37.6
2 Edina 3:38.2
3 Red Wing 3:38.7
4 Faribault 3:40.5
5 Roseville 3:43.1
6 Hutchinson 3:43.4
7 Totino Grace 3:49.3

Final

- 1 Stillwater (Matt Briggs, Eric Rielander, Lancer Lumby, Trevor Mitchell) 3:29.27
2 Burnsville 3:29.85
3 Bloom. Jefferson 3:33.84
4 Minnetonka 3:34.51
5 St. Francis 3:35.54
6 Red Wing 3:39.26
7 Rosemount 3:40.75
8 Edina 3:44.70
dq Duluth East

Long Jump

- 1 Cam Stottler, Forest Lake (12) 22- 10 ½
2 Brian Schletty, Cretin-DH (12) 22-6 ¼
3 Omar Clemmons, Rochester John Marshall (10) 22-5 ½
4 Adam Leibman, Minnetonka (11) 22-3 ¾
5 Adam Runk, Stillwater (11) 22-1
6 Eric Baker, St Cloud Apollo (12) 21-10
7 Steve Lynch, White Bear Lake (12) 21-8 ½
8 Keenan Harmon, Edina (12) 21-8 ¼
9 Ryan Schutz, Park, Cottage Grove (11) 21-7 ¾
10 Jeff Schmidt, Champlin Park (12) 21-1 ¾
11 Drew Howard, Rosemount (10) 20-10 ¾
12 Mike Luedtke, Alexandria (12) 20-8 ½
13 Todd Verroeven, Mankato East (12) 20-7 ½
14 Troy Rasch, Hibbing (11) 20-6 ¾
15 Mike Kadlec, Mpls South (12) 20-2 ¾
16 Gabe Philbert, Mpls South (12) 19-7 ½
nd Steve Horner, New Ulm/New Ulm Cath. (10)

Triple Jump

- 1 Brian Schletty, Cretin-DH (12) 46-1
2 Josh Salic, Rochester John Marshall (11) 45-4 ¼
3 Eric Werner, Irondale (12) 45-1 ¼
4 Seth Anderson, Mounds View (12) 45-1
5 Kingston Hollman, St Paul Johnson (10) 44-6
6 Mike Luedtke, Alexandria (12) 43-4 ¼
7 Marshall Sheppard, Rochester Mayo (12) 42-11 ½
8 Rondell Mershon, Apple Valley (10) 42-10
9 Chris Dixon, Apple Valley (10) 42-8 ½

Shot Put

- 1 Mark Fahey, Forest Lake (12) 57-3
2 Justin Asher, Wayzata (12) 56-8 ½
3 Andy Agrimson, Stillwater (12) 55-11 ¾
4 Ben Sobieski, Mahtomedi (11) 55-5 ¾
5 Eric Fredrickson, Northfield (11) 54-6 ½
6 Rob Biemeyer, Forest Lake 54-5 ½
7 Joe Palke, Mounds View (10) 53-7 ¼
8 Eric Gunderson, Woodbury (11) 53-7
9 Aaron Johnson, Cloquet (12) 53-1 ½
10 Ben Bauer, Faribault (12) 51-9
11 Derek Burns, Eden Prairie (11) 51-6
12 Nick Eisinger, Anoka (12) 51-5 ¾
13 Craig Olson, Park Center (11) 51-5 ¼
14 Matt Neisen, New Prague (12) 51-3 ¼
15 Justyn Johnson, Alexandria (11) 51-0 ½
16 Jason Drouillard, Fergus Falls (10) 50-3 ½

- 17 Aaron Johnson, Chaska (12) 49-1 ½
18 Jeff Anderson, Totino Grace (12) 48-3 ½
19 Mark Rios, Roseville (11) 46-10 ¾
20 Corey Truebenbach, Shakopee (12) 45-1 ¼
nd Travis O'Neel, Eden Prairie (11)

Discus Throw

- 1 Mark Fahey, Forest Lake (12) 181-7
2 John Schlecht, White Bear Lake (12) 174-6
3 Aaron Johnson, Cloquet (12) 164-1
4 Justin Asher, Wayzata (12) 160-3
5 Jason Thompson, Centennial (11) 154-5
6 Joe Mahowald, Apple Valley (12) 152-8
7 Ben Sobieski, Mahtomedi (11) 151-3
8 Trevor Rolfes, Lakeville (11) 150-10
9 Doug Ridinger, Shakopee (12) 150-1

High Jump

- 1 Phil Gardner, Lakeville (12) 6-7
2 Brian Rehnke, Bloom. Kennedy (12) 6-7
3 Jason Irsfield, Mahtomedi (11) 6-5
4 Josh Salic, Rochester John Marshall (11) 6-3
5 Eric Buchl, South St. Paul (12) 6-3
Craig Anderson, Brainerd (12) 6-3
7 Matt Janssen, Brainerd (11) 6-1
Ryan Schutz, Park, Cottage Grove (11) 6-1
Damon Rampton, Waseca (11) 6-1
Pedja Bjelogrljic, Wayzata (12) 6-1
11 Stew Taylor, Mahtomedi (12) 6-1
Matt England, Princeton (11) 6-1
nh Matt Schroeder, Grand Rapids (12); Scott Alsleben, Park Center (12); Ben Werder, Willmar (11)
scr Mike Schutte, Osseo (11)

Pole Vault

- 1 Mike Brockwell, Edina (12) 15-6 (All Time State & AA Record)
2 Tim Koupal, Anoka (11) 14-6
3 Khoun Thammalangsy, Lakeville (12) 14-3
4 Jed Bergstrom, Buffalo (11) 14-0
5 Dan Shroyer, Grand Rapids (12) 13-9
6 Jeremy Geisel, Sauk Rapids (12) 13-6
7 Adam Lee, Hutchinson (11) 13-3
8 Bob Cahow, Irondale (11) 13-0
9 Eric Tarasewicz, Park, Cottage Grove (11) 12-3
10 Troy Erickson, Little Falls (12) 12-3
Chris Milton, Mpls. Washburn (11) 12-3
Matt Gundry, Simley (10) 12-3
nh Darin Palmer, Albert Lea/Alden-Conger (12)
nh Matt Stark, Apple Valley (11)
nh Joe Lopez, Totino Grace (12)
nh Troy Hanegmon, Hibbing (12)

Team Scores

- | | |
|----------------------------|-----------------------|
| 65 Stillwater | 19 Mahtomedi |
| 56 Cretin-Derham Hall | 17.5 Park, Cottage Gr |
| 42 Forest Lake | 17 Apple Valley |
| 41 Minnetonka | 17 White Bear Lake |
| 38 Champlin Park | 16 Bloom. Kennedy |
| 38 Lakeville | 16 Eagan |
| 27.5 Wayzata | 15 Moorhead |
| 24 Rochester John Marshall | 14 Duluth East |
| 24 Roseville | 13 Anoka |
| 23 Burnsville | 13 Northfield |
| 23 Detroit Lakes | 13 Prior Lake |
| 22 Duluth Denfeld | 12 Tartan |
| 22 Eden Prairie | 11 St. Cloud Tech |
| 22 St. Paul Central | 10 Osseo |
| 19 Centennial | 33 other teams scored |