

2004 Big 9 Conference Championships

Team Scores

1 Mankato West	237	6 John Marshall	82
2 Mankato East	208	7 Mayo	62.5
3 Century	167	8 Albert Lea	55
4 Winona	147	8 Austin	50
5 Faribault	114	10 Owatonna	33.5

100 Meter Dash

1 Jon Boyd	Mankato East	00:10.65
2 A.C. Udejaja	John Marshall	00:10.90
3 Adebayo Adewole	Century	00:11.07
4 Corey Kuipers	Albert Lea	00:11.22
5 Daniel Kjolsing	Mankato East	00:11.32
6 Tom Johnson	Mankato West	00:11.40

1600 Meter Run

1 Garrett Heath	Winona	04:12.45
2 Seijon Takamura	Mankato West	04:21.43
3 Ben Puhl	Century	04:29.48
4 Elliott Heath	Winona	04:29.64
5 Ryan Pfeffer	Mankato East	04:34.28
6 Erik Mundahl	Winona	04:36.46

200 Meter Dash

1 Jon Boyd	Mankato East	00:21.73
2 A.C. Udejaja	John Marshall	00:22.68
3 Derek Hinrichs	Winona	00:22.80
4 Jon Kaus	Mankato East	00:22.83
5 Corey Kuipers	Albert Lea	00:22.92
6 Tom Johnson	Mankato West	00:23.59

3200 Meter Run

1 Ben Puhl	Century	09:39.52
2 Seijon Takamura	Mankato West	09:39.58
3 Elliott Heath	Winona	09:44.66
4 Ryan Pfeffer	Mankato East	09:48.24
5 Matt Long	Mankato West	09:59.58
6 Ryan Slack	Mankato West	10:01.33

400 Meter Dash

1 Hans Storvick	Mankato West	00:49.13
2 Adebayo Adewole	Century	00:50.04
3 Sam Hendricks	Mankato East	00:50.13
4 Derek Hinrichs	Winona	00:50.51
5 Corey Kuipers	Albert Lea	00:51.32
6 Nick Jost	Mankato West	00:51.70

110 Meter Hurdles

1 Drew Hood	Mankato West	00:15.16
2 Jesse Graves	Mankato East	00:15.60
3 Eric Evans	Mankato East	00:16.21
4 James Anhorn	Owatonna	00:16.46
5 Lionel Thomas	Albert Lea	00:16.48
6 Joe Yun	Mankato West	00:16.73

800 Meter Run

1 Hans Storvick	Mankato West	01:52.39
2 Garrett Heath	Winona	01:52.41
3 Dey Chak Wuol	Mankato West	02:00.77
4 Lee Laughridge	Faribault	02:01.66
5 Willie Clapp	Faribault	02:02.64
6 Jon Lica	Winona	02:03.09

300 Meter Hurdles

1 Drew Hood	Mankato West	00:40.69
2 Jordan Stolp	Mankato West	00:41.60
3 Blake Wageman	Austin	00:42.73
4 James Anhorn	Owatonna	00:42.74
5 Lucas Will	Century	00:42.78
6 Eric Evans	Mankato East	00:43.06

4x100 Meter Relay

1 Century	00:44.93
2 Mankato East	00:45.15
3 Mankato West	00:45.17
4 Mayo	00:45.20
5 Winona	00:45.61
6 Albert Lea	00:45.73

4x400 Meter Relay

1 Mankato West	03:26.87
2 Winona	03:27.29
3 Century	03:30.82
4 Mankato East	03:31.25
5 Mayo	03:34.67
6 Faribault	03:36.22

4x200 Meter Relay

1	Mankato East	01:30.79
2	Mankato West	01:32.91
3	Mayo	01:34.93
4	Century	01:35.91
5	Austin	01:36.76
6	John Marshall	01:37.12

4x800 Meter Relay

1	Mayo	08:12.01
2	Mankato East	08:12.85
3	Mankato West	08:19.12
4	Faribault	08:24.26
5	Century	08:25.24
6	Austin	08:35.01

Long Jump

1	A.C. Udeaja	John Marshall	21-06.00
2	David Larson	Austin	20-10.50
3	Phil Olson	Faribault	20-09.00
4	Drew Glarner	John Marshall	20-08.50
5	Andre Hernandez	Century	20-05.00
6	Andrew Stapleton	Albert Lea	20-01.00

Pole Vault

1	Isaiah Fuller	Faribault	13-00.00
2	Ben Kelley	Mankato East	12-06.00
3	Dennis Ouyang	Mankato East	12-00.00
4	Drew Hood	Mankato West	12-00.00
5	Andrew Foote	Mayo	12-00.00
6	Matt Starr	Mankato West	11-06.00

Triple Jump

1	Phil Olson	Faribault	44-11.00
2	A.C. Udeaja	John Marshall	44-06.00
3	Dey Chak Wuol	Mankato West	42-08.75
4	Andre Hernandez	Century	42-02.50
5	Denario Hill	Mankato West	41-04.00
6	Jon Kaus	Mankato East	40-11.25

Shot Put

1	Andy Bastian	Winona	55-08.25
2	Mitch Kuntz	Faribault	51-03.50
3	Mike Veldman	Albert Lea	49-11.25
4	Dave Koch	Century	49-06.50
5	Brad Diel	Mankato East	47-11.25
6	Marc Jennings	Mankato West	46-00.50

High Jump

1	Phil Olson	Faribault	6-06.00
2	Jason Glaser	Mankato West	6-05.00
3	Cole Weis	Mankato East	6-04.00
4	Andre Hernandez	Century	6-00.00
5	Ryan Boeddeker	Owatonna	6-00.00
6	Tyler Danielson	Mankato East	6-00.00

Discus Throw

1	Jason Scrimshaw	Century	148-06
2	Andy Bastian	Winona	139-05
3	Eddie Woolridge	Winona	139-01
4	Andy Norman	Winona	134-03
5	Brad Diel	Mankato East	130-07
6	Kevin Hein	Century	130-02