

# 1993 MINNESOTA TRACK AND FIELD ANNUAL

**Bill Miles, Wayzata High School**  
**Charlie Mahler, Gustavus Adolphus College**  
**Tim Miles, Saint John's University**

## Thanks

Thanks to all coaches and others who sent results. Your efforts are essential toward making these lists more nearly complete. Thanks, too, for your support. Thanks to the Minnesota State High School League for readily making information available. Finally, thanks to Minnesota's high school track and field athletes (past and present) whose outstanding performances make this effort enjoyable.

## Mea Culpa

Please forgive any errors or omissions and make us aware of them. We have done a rigorous search but are certainly aware that neither our 1993 lists nor our all-time lists are complete. We continue our search.

## Timing

The National Federation Rule Book states that unless a timing system is fully automatic, times registered in one-hundredth of a second must be rounded up to the next tenth-second. Example: 10.42 will be recorded as 10.5 unless fully automatic timing is used.

When fully automatic timing is used, time will be recorded in one-hundredths (1/100) of a second.

In ranking performances, we add 0.24 to manual times to approximate the fully automatic timing equivalent. Example: a hand time of 11.0 seconds would be equivalent to a fully automatic time of 11.24 seconds.

## Meters / Yards

Our All-Time Minnesota lists mix performances run at metric and English distances. Metric performances and their equivalents are listed. If the race was run at an English distance (yards), the actual performance follows name, school, and year in parentheses. Of course, where an event was run only at the English distance and is no longer contested, performances are listed as run.

The conversion factor for 110y/100m, 220y/200m, 440y/400 m etc. is 0.9942. That is, multiply the English performance by 0.9942 to get the metric equivalent.

## Photos

All photos from the 1993 State Meet at Blaine's National Sports Center. Photographer: Tim Miles.

FRONT COVER: Boys AA two mile: 645 Pat Hoard, Wayzata; 502 Dan Virnig, Minneapolis South; 452 Rauha Rahkola, White Bear Lake; 434 Jon Bougie, Mounds View; 339 Eric Johnson, Hastings; 322 Eric Kalmes, St. Paul Johnson; 131 Chris Lundstrom, Northfield.

PAGE 1: LEFT: Ben Ott, Nevis/Walker-Hackensack-Akeley, clears his winning height of 14-0. TOP RIGHT: Niles Deneen sorts things out by the second hurdle in his qualifying heat of the 110 meter hurdles. BOTTOM RIGHT: Ben Ewing of Forest Lake and Ramone Robinson of Totino-Grace compete in their 100 meter heat.

BACK COVER: TOP LEFT: Eventual champion Trisha Schumacher of Plainview wins her 400 meter heat. TOP RIGHT: Sandy Fuchs, Rocori, AA discus champion. BOTTOM LEFT: Long jumper Charlene Butler of Bertha-Hewitt/Verndale. BOTTOM RIGHT: (left to right) Amber Bohman, Park Rapids; Kris Hansen, Lake Crystal-Wellcome Memorial; and Denise Bitz, Grey Eagle/Swanville compete in their 400 meter heat.

## BOYS 100 METER DASH

### 1993 LEADERS

10.81	Bob Ewings	12	Forest Lake
10.86	Neville Grant	11	Mpls Washburn
10.7	Tim VanVoorhis	12	Apple Valley
10.7	Carl McCullough	12	Cretin-Derham Hal
10.7	Kahlil Brewington	12	St Paul Harding
10.7	Greg VanLeer	12	Woodbury
10.97	Frank Webster	12	St Agnes
10.99	Christian Simonsen	10	Coon Rapids
10.99	Mo Hicks	11	Osseo
11.00	Flurohn Crutch	12	Park Center
11.02	Jerome Cheatham	12	Woodbury
10.8	Danny Gould	12	Glencoe
10.8	Adam Lovehaug	12	Lac Qui Parle
11.06	David Whiteis	11	Anoka
11.07	Mike Reimann	12	Blaine
11.08	Chris Agee	12	Blake
11.09	Shannon Rainey	11	Champlin Park
11.10	Lashay Whittaker	10	De La Salle
11.11	Ramone Robinson	11	Totino-Grace
11.13	Matt Skulborstad	10	Rosemount
10.9	Allen Peal	11	Blaine
10.9	Jason Mayse	12	Brooklyn Center
10.9	Harrison Perry	10	Burnsville
10.9	Ryan Retzlaff	11	Fergus Falls
10.9	Dan Westby	11	Foley
10.9	Jesse Zimmer	11	Foley
10.9	Chuck Harris	10	Minnnetonka
10.9	Christian Johnson	12	Minnewaska
10.9	Chris McCurry	12	Richfield
10.9	Aaron Vold	11	Rochester Mayo
10.9	Nathan Millerbernd	11	Winsted HT
11.20	Jeff Sis	12	Champlin Park
11.22	Paul Buckbee	12	Braham
11.0	Chris Schmitz	11	Clearbrook-G-T
11.0	Jeremy Hemmelgarn	12	Elk River
11.0	Jason Meek	12	Kasson-Mantor
11.0	Brian Touhy	12	La Crescent
11.0	Teddy Williams	12	Mpls Roosevelt
11.0	Rashaad Grant	11	Mpls Roosevelt
11.24	Al Hester	12	Park Center
11.0	Chris Peters	11	St Thomas Academy
11.0	Brad Trost	12	Wabasso/S-L
11.29	Adam Freed	9	Duluth Marshall
11.29	Tommy Reynolds	11	St Paul Johnson
11.30	Mike Nelson	12	Forest Lake
11.30	Brian Lenzen	12	St Cloud Cathedra
11.31	Trell Jackson	12	Becker/Big Lake
11.33	David Johnson	11	Detroit Lakes
11.33	Brett Mushatt	11	St Cloud Tech
17 runners tied at 11.34 or 11.1			

## BOYS 200 METER DASH

### 1993 LEADERS

21.65	Bob Ewings	12	Forest Lake
21.5	Randy Melbourne	11	Mpls Washburn
21.75	Tim VanVoorhis	12	Apple Valley
21.90	Greg VanLeer	12	Woodbury
21.8	Neville Grant	11	Mpls Washburn
22.12	Kahlil Brewington	12	St Paul Harding
22.13	Lashay Whittaker	10	De La Salle
22.17	Scott Beadle	12	Moorhead
22.20	Chris Agee	12	Blake
22.24	Jeff Sis	12	Champlin Park
22.29	Flurohn Crutch	12	Park Center
22.1	Andy Nelson	11	Willmar
22.36	Paul Buckbee	12	Braham
22.2	Frank Schaap	12	Park Rapids
22.2	Ramone Robinson	11	Totino-Grace
22.44	Carl McCullough	12	Cretin-Derham Hal
22.44	Matt Skulborstad	10	Rosemount
22.47	Harrison Perry	10	Burnsville
22.3	Tony Paul	12	Marshall Co South
22.3	Adam Lovehaug	12	Lac Qui Parle
22.3	Chuck Harris	10	Minnnetonka
22.3	Brett Mushatt	11	St Cloud Tech
22.57	Dan Westby	11	Foley
22.57	Brian Mismash	12	Princeton
22.4	Ryan Retzlaff	11	Fergus Falls
22.4	Chris Bergren	11	Edina
22.66	Ryan Lundin	11	Forest Lake
22.72	Tim London	10	St Paul Acad-SS
22.5	Zack Jones	11	Hastings
22.5	Frank Webster	12	St Agnes
22.75	Brad Trost	12	Wabasso/S-L
22.76	Mike Nelson	12	Forest Lake
22.76	Shanti Rainey	11	Champlin Park
22.77	Tommy Reynolds	11	St Paul Johnson
22.6	Aaron Vold	11	Rochester Mayo
22.6	Nathan Millerbernd	11	Winsted HT
22.6	Jason Passeri	11	Richfield
22.84	Mo Hicks	11	Osseo
22.88	Niles Deneen	11	St Paul Como Park
22.90	Erik Brown	11	Forest Lake
22.92	Mike Hamilton	10	Apple Valley
22.92	Matt Bramwell	10	Robb Armstrong
22.7	Jason Hall	11	Cambridge
22.7	Brandon Hedges	11	Eagan
22.7	Jeremy Hemmelgarn	12	Elk River
22.7	Jerry Krolak	11	Faribault
22.7	Jim Harri	12	Morris Area
22.7	Jeff Johnson	12	Pine River-B
22.7	Chad Ellman	12	Woodbury
22.7	Danny Gould	12	Glencoe
22.7	Christian Johnson	12	Minnewaska
22.7	Rashaad Grant	11	Mpls Roosevelt
22.7	Chad Kallstrom	12	Benson-K-M-S
22.7	Jamie Skogen	11	Blue Earth Area
22.7	Shawn Snyder	10	Redwood Valley

## BOYS 400 METER DASH

### 1993 LEADERS

47.59	Randy Melbourne	11	Mpls Washburn
47.72	Scott Beadle	12	Moorhead
48.55	Tim VanVoorhis	12	Apple Valley
49.32	Terry Haley	11	Cretin-Derham H
49.57	Frank Schaap	12	Park Rapids
49.65	Zack Jones	11	Hastings
49.74	Aaron Deutsch	10	Stillwater
49.75	Ryan Lundin	11	Forest Lake
49.83	Chris Bergren	11	Edina
49.84	James Gominsky	11	Coon Rapids
49.99	Chris Valois	12	Anoka
50.01	Mike Kitchenmaster	12	New London-Spicer
50.10	Steve Sedlacek	12	Marshall Co South
50.11	Nathan Millerbernd	11	Winsted HT
50.28	Erik Becker	12	Nicollet
50.1	Andy Nelson	11	Willmar
50.35	Terry Fischer	11	Bloom Kennedy
50.2	Paul Jones	12	Gibbon-Fairfax-W
50.53	Steve Carr	12	Forest Lake
50.3	Darin Dutcher	11	Pelican Rapids
50.68	Brett Miller	12	Chatfield
50.69	Chris Powers	12	Totino-Grace
50.6	Benjie Solomon	12	Mounds View
50.92	Clint Okerstrom	11	Christ's HOF
50.96	Mark Olson	12	Anoka
51.21	Chris Pierce	11	Chisago Lakes
51.24	Steve Logterman	12	Austin
51.30	Chad Dwinal	11	Osseo
51.1	Rob Haedt	12	Austin
51.1	Brad Trost	12	Wabasso/S-L
51.38	Benji Kiehne	12	Harmony/Lanes/P-F
51.2	Kelly Schroeder	12	Fairmont
51.2	T. Tran		Fridley
51.2	Brian Hakanson	12	Hinckley-Fin
51.2	Andy Henderson	12	Rushford-P/H
51.45	James Billings	10	Eagan
51.48	Derek Bush	11	Luverne
51.51	Peter Benson	12	Moorhead
51.3	Kevin Gominsky	12	Monticello
51.3	Aaron Vold	11	Rochester Mayo
51.64	Dave Severson	12	Brainerd
51.4	Andy Mattson	10	East Central
51.4	Eric Vincent	11	Hibbing
51.4	Greg VanLeer	12	Woodbury
51.65	Shaun Fransen		Edgerton
51.68	Brad Dahl	11	Annandale
51.70	Jesse Sutherland	12	Greenway
51.73	Andy Johnson	10	Stillwater
51.5	Jerrett Crain	12	Orr
51.74	Rob Totenhagen	11	Shakopee

## BOYS 800 METER RUN

### 1993 LEADERS

1:56.89	Joe Alexander	11	Winona
1:56.95	Jon Ryan	12	Rosemount
1:56.96	Nika Jones	12	Mpls South
1:57.11	Jason Owen	9	Stewartville
1:56.9	Adam Stuhlfaut	11	Wayzata
1:57.41	Ron Hoffner	10	Park Center
1:57.69	Jesse Sutter	12	Mankato East
1:57.87	Erik Bunce	12	Stillwater
1:58.13	James Billings	10	Eagan
1:58.24	Shane Allen	12	Eagan
1:58.71	Chad Heltemes	12	St Francis
1:58.79	Eric Robinson	12	Marshall
1:58.86	Harold Henning	11	Heron Lake-O-L
1:58.7	Chris Peterson	12	McGregor
1:59.05	Ben Beach	12	St Paul Acad-SS
1:59.41	Jared Anderson	12	Janesville-W-P
1:59.50	Tim Charlesworth	12	Coon Rapids
1:59.56	Jason Fortun	12	St Louis Park
1:59.6	Tony Schulz	12	Mounds View
1:59.7	Neal Tovsen	11	Mankato West
2:00.04	Jeremy Max	10	Minnetonka
1:59.8	Dave Wenell	10	Wayzata
2:00.09	Ronnell Dobbins	12	Eagan
2:00.13	Scott Newman	11	Stillwater
2:00.18	Randy Skellenger	12	United So Central
2:00.18	Terry Haley	11	Cretin-Derham H
2:00.0	Chris Neffendorf	12	Woodbury
2:00.27	Ross Barnett	12	Lakeville
2:00.33	Ryan Przysbilla	11	Pierz
2:00.1	Brian Erlie	11	Centennial
2:00.43	Steve Sovada	12	Fridley
2:00.2	Tony Riter	12	Mounds View
2:00.51	Ryan Molde	12	Eden Prairie
2:00.3	Jon Haider	12	Coon Rapids
2:00.64	Chip Lefler	12	Edina
2:00.79	Dan Louvar	12	Hinckley-Fin
2:00.83	Ryan Marshall	11	Tartan
2:00.6	Rob Haedt	12	Austin
2:00.91	Tom Goeltl	12	Forest Lake
2:00.93	Petros Yohannes	11	Minnetonka
2:00.7	Nick Andrea	12	Hill-Murray
2:00.8	Ian Rabanus	12	Henry Sibley
2:00.8	Andy Gilbertson	12	Northfield
2:01.06	Jon Bentley	12	Hawley-Ulen-H
2:01.08	Brad Thinner	12	Coon Rapids
2:01.14	Brad Bauer	12	Rocori
2:01.18	Travis Bly	11	Waubun
2:01.0	Chad Berdahl	10	Tartan
2:01.0	Kyle Babcock	9	Woodbury
2:01.26	Jon Linden	11	Harmony/Lanes/P-F

## BOYS 1600 METER RUN

### 1993 LEADERS

4:18.83	Dan Virnig	12	Mpls South
4:19.36	Jared Pittman	11	Northfield
4:19.53	Dan Pemble	12	Moorhead
4:20.24	Adam Stuhlfaut	11	Wayzata
4:20.4	Eric Johnson	12	Hastings
4:21.22	Chris Lundstrom	11	Northfield
4:21.75	Pat Hoard	12	Wayzata
4:21.95	George Hanson	12	Park Center
4:23.57	Rauha Rahkola	12	White Bear Lake
4:23.66	Andy Cowgill	12	St Paul Acad-SS
4:23.87	Troy Brinkman	10	White Bear Lake
4:24.28	Chad Heltemes	12	St Francis
4:24.86	Tom Newman	11	Stillwater
4:25.10	Jay Schoenfelder	10	Duluth East
4:25.76	Tony Riter	12	Mounds View
4:25.96	Andy Tate	9	Morris Area
4:26.17	Craig Sandbulte	12	Buffalo Lk-H/Stew
4:26.25	Cley Twigg	12	Crosby-Ironton
4:26.3	Jason Boots	11	Hastings
4:26.56	Jon Bougie	12	Mounds View
4:26.79	Brad Bauer	12	Rocori
4:26.95	Ross Barnett	12	Lakeville
4:27.02	Josh Metcalf	11	Mountain Lk/B-O
4:27.14	Matt Beauchane	10	Lakeville
4:27.3	Tom Goeltl	12	Forest Lake
4:27.57	Harold Henning	11	Heron Lake-O-L
4:27.6	Travis Boland	11	Rochester JM
4:27.91	Brian Stanton	12	Alexandria
4:27.7	Eric Kalmes	12	St Paul Johnson
4:28.0	Jeb Myers	12	Shakopee
4:28.0	Matt Anderson	11	Red Wing
4:28.6	Kevin Luoma	12	Virginia/MI-B
4:28.6	Frank Steed	11	Wayzata
4:28.94	Josh Brang	10	Winona
4:28.9	Neal Tovsen	11	Mankato West
4:29.3	Jesse Sutter	12	Mankato East
4:29.79c	Rasheed Harris	10	Mpls North
4:30.05	Pat Hennes	12	Sartell
4:30.24	Jason Owen	9	Stewartville
4:30.37	Joel Fenske	11	Payneville
4:30.51	Colin Rusch	11	St Paul Acad-SS
4:30.4	Kyle Babcock	9	Woodbury
4:30.71	Jens Strand	12	St Paul Acad-SS
4:30.9	Jesse Heise	12	Mankato West
4:31.3	Eric Whiteis	10	Orono
4:31.60	Christian Zimmerman	11	Minnehaha Academy
4:31.5	Jon Hager	11	Lake City
4:32.30	Josh Kath	10	White Bear Lake
4:32.6	Chad Pallansch	12	Sauk Rapids
4:32.97	Jon Koch	12	Mankato Loyola
4:32.97	Scott Barnacle	12	Minnetonka

c= 1500 meters converted by adding 18.53 seconds

## BOYS 3200 METER RUN

### 1993 LEADERS

9:19.6	Andy Cowgill	12	St Paul Acad-SS
9:20.8	Pat Hoard	12	Wayzata
9:21.13	Dan Virnig	12	Mpls South
9:26.45	Rauha Rahkola	12	White Bear Lake
9:28.50	Jared Pittman	11	Northfield
9:29.59	Jon Bougie	12	Mounds View
9:29.5	Eric Johnson	12	Hastings
9:31.41	Chris Lundstrom	11	Northfield
9:33.75	Andy Tate	9	Morris Area
9:34.02	Brian Stanton	12	Alexandria
9:37.10	Jay Schoenfelder	10	Duluth East
9:37.46	Colin Rusch	11	St Paul Acad-SS
9:39.36	Pete Thern	11	Winona
9:40.01	Jesse Heise	12	Mankato West
9:40.46	Joel Fenske	11	Payneville
9:41.05	Eric Kalmes	12	St Paul Johnson
9:41.66	Tony Riter	12	Mounds View
9:41.80	Dave Wostrel	12	Mpls Washburn
9:42.95	Josh Metcalf	11	Mountain Lk/B-O
9:44.2	Matt Tonkin	12	Mounds View
9:44.6	George Hanson	12	Park Center
9:46.3	Shawn Dellis	12	Totino-Grace
9:46.7	Josh Brang	10	Winona
9:46.96	Scott Barnacle	12	Minnetonka
9:48.21	Troy Brinkman	10	White Bear Lake
9:50.1	Ryan Kollman	9	Centennial
9:50.50	Brian Bailey	11	White Bear Lake
9:50.8	Jesse Christensen	11	St Francis
9:51.80	Sean O'Day	12	Wayzata
9:51.84	Jeb Myers	12	Shakopee
9:52.45	Dan Pemble	12	Moorhead
9:52.59	Matthias Geue	12	Hopkins
9:52.59	Mark Reiling	11	Forest Lake
9:53.5	Todd Landgraaff	10	Mankato West
9:53.77	Kyle Kingsley	11	Harmony/Lanes/P-F
9:53.7	Jens Strand	12	St Paul Acad-SS
9:54.7	Matt Anderson	11	Red Wing
9:56.44	Bryce Wandrey	10	Elgin-Millville
9:56.66	Jeremy Estenson	10	Alexandria
9:56.68	Pat Hennes	12	Sartell
9:57.2	Kyle Babcock	9	Woodbury
9:57.3	Eric Barrett	10	St Cl Cathedral
9:57.4	Travis Boland	11	Rochester JM
9:58.66	Kevin Luoma	12	Virginia/MI-B
9:58.67	Chris Cummings	12	Stillwater
9:58.75	Tom Newman	11	Stillwater
9:59.18	Aaron Elliasen	11	Robb Armstrong
9:59.41	Jacob Hageman	12	Deer River
9:59.2	Felipe Navarro	12	Rochester Mayo
10:00.06	David Hawley	12	Minnetonka

## BOYS 110 METER HURDLES

### 1993 LEADERS

14.14	Niles Deneen	11	St Paul Como Park
14.55	Parc Williams	11	Zumbrota-Mazeppa
14.64	Chris Rogan	11	White Bear Lake
14.6	Dan Vacura	12	Bloom Kennedy
14.86	Josh Ralph	12	Brooklyn Center
14.92	David Gray	12	Blake
14.7	Tony Lintner	11	Anoka
14.7	Ray Kaiser	12	Park
14.7	Aron Kramer	12	Stillwater
14.95	John Bauer	12	St Cloud Apollo
14.8	Chris Carpenter	12	Cherry
14.8	Dave Isenmann	12	Farmington
14.8	Phillip Day	11	St Paul Highland
14.8	Jason Meek	12	Kasson-Mantor
14.9	Chad Ostrom	11	Centennial
14.9	Sana Anetipa	12	Cretin-Derham Hal
14.9	Joe Kaczor	10	Grand Rapids
15.14	John Rein	11	Harmony/Lanes/P-F
15.21	Brandon Vincent	11	Fairmont
15.0	Jason Sanders	11	Champlin Park
15.0	Adam Johnson	12	Irondale
15.0	Chad Knutson	12	Kasson-Mantorvill
15.0	Eric Keranen	12	Mesabi East
15.0	Andy Schroepfer	12	Mounds View
15.0	Rob Haedt	12	Austin
15.27	Jeremy Hoese	12	Mayer Lutheran
15.1	Nikia Porter	11	Hopkins
15.1	Ryan Stalboerger	11	Moorhead
15.1	Matt Troyer	11	St Paul Highland
15.1	Gabe Hart	11	Wayzata
15.35	Jon Pontius	12	Fergus Falls
15.43	Jamie Koester	12	Bemidji
15.2	Andre Taddeini	11	Irondale
15.2	Shawn Dirks	11	Luverne
15.46	Scott Hentges	10	Forest Lake
15.48	Jeff Taylor	11	Roseau
15.53	Rob Martin	12	Eden Prairie
15.3	Todd Rieger	11	Centennial
15.3	Ryan Hulzebos	12	Mountain Lk/B-0
15.56	Chad Fitzpatrick	11	St Clair
15.57	Chris Campbell	11	Champlin Park
15.59	Brice Sand	12	Park Center
15.63	Ryan Clark	10	Byron
15.4	Jason Johnson	12	Byron
15.4	Peter Imle	12	Clearbrook-G-T
15.4	Jim Solomon	12	Duluth Denfeld
15.4	JJ Guevara	10	Hopkins
15.4	Bjorn Larson	11	Mounds View
15.4	Cory Peterman	12	Lewiston-Altura
15.4	Jacob Seibolds	11	Park
15.4	Steven Bates	12	St Paul Central

## BOYS 300 METER HURDLES

### 1993 LEADERS

38.56	Niles Deneen	11	St Paul Como Park
38.71	Chris Cox	12	Rochester Mayo
38.84	Tony Paul	12	Marshall Co South
39.18	Aron Kramer	12	Stillwater
39.19	Rob Haedt	12	Austin
39.0	Ray Kaiser	12	Park
39.28	Erik Stiehm	12	Apple Valley
39.30	Travis Kluegel	11	Mahtomedi
39.34	Peter Benson	12	Moorhead
39.42	Jeff Taylor	11	Roseau
39.52	Josh Ralph	12	Brooklyn Center
39.57	Dave Isenmann	12	Farmington
39.71	Rob Martin	12	Eden Prairie
39.75	Mike Freitag	12	Cedar Mountain
39.76	Phillip Day	11	St Paul Highland
39.80	Jason Sanders	11	Champlin Park
40.00	Parc Williams	11	Zumbrota-Mazeppa
40.06	Chris Rogan	11	White Bear Lake
40.10	Jeff Schmidtbauer	12	Pierz
39.9	Bjorn Larson	11	Mounds View
40.15	John Bauer	12	St Cloud Apollo
40.25	Mark Blomberg	12	St Louis Park
40.27	Troy Wyatt	11	Byron
40.32	Judson Steele	11	Mpls South
40.33	Eric Keranen	12	Mesabi East
40.1	Grant Dietrich	12	Rosemount
40.38	Jim Micke	11	Cloquet
40.38	Kevin Gordon	12	Mpls Washburn
40.42	Jason Jacobs	12	Howard Lake-W
40.2	Jeremy Chmielewski	11	Foley
40.2	Chris Adams	10	Mounds View
40.52	Ryan Hulzebos	12	Mountain Lk/B-0
40.3	Mike Schmitz	12	Brainerd
40.3	Carson Romme	11	Rochester JM
40.3	Adam Johnson	12	Irondale
40.3	Andy Schroepfer	12	Mounds View
40.4	Sana Anetipa	12	Cretin-Derham Hal
40.68	Steve Kafka	11	Edina
40.73	Josh/Nathan Bahn	12	Coon Rapids
40.5	Chad Ostrom	11	Centennial
40.78	Jorn Pung	12	Braham
40.89	Cam Tran	12	Spring Lk Pk/SA
40.93	Bill Fleming	12	St Paul Acad-SS
40.7	Matthew Beaver	12	South St Paul
40.7	Chris Huntley	10	Stillwater
40.7	Matt Werder	11	Willmar
40.96	Matt Audette	12	St Francis
40.97	Tyson Rupp	12	Murray Co Central
41.01	Joe Kaczor	10	Grand Rapids
40.8	Dusty Gonzalez	12	Albert Lea
40.8	Dan Vacura	12	Bloom Kennedy

### 4 x 100 RELAY

#### 1993 LEADERS

42.66	Mpls Washburn
42.81	Apple Valley
42.96	Woodbury
43.06	Totino Grace
43.22	Forest Lake
43.23	Anoka
43.35	Burnsville
43.2	Cretin-Derham H
43.47	Detroit Lakes
43.47	Park Center
43.51	Rochester Mayo
43.54	Champlin Park
43.59	Blaine
43.75	Moorhead
43.80	Redwood Valley
43.6	Richfield
43.6	St Paul Harding
43.92	Robb Armstrong
43.7	Mounds View
43.96	Blake
43.97	Rosemount
44.01	Howard Lake-W
44.04	Bloom Kennedy
44.13	Marshall Co South
43.9	Mankato East
44.16	Lakeville
44.16	Mayer Lutheran
44.17	Glencoe
44.18	Eagan
44.20	Fairmont
44.22	St Cloud Apollo
44.27	Hopkins
44.30	Stewartville
44.31	Mpls Roosevelt
44.33	St Peter
44.36	St Cloud Tech
44.42	Osseo
44.45	Minnetonka
44.48	Zumbrota-Mazeppa
44.50	White Bear Lake
44.52	Hawley-U-H
44.3	Lac Qui Parle
44.61	Harmony/Lanes/P-F
44.4	SC Cathedral
44.66	Rochester JM
44.5	Albert Lea
44.81	Foley
44.82	Duluth East
44.84	Eden Prairie
44.6	New Ulm
44.6	St Paul Highland

### 4 x 400 RELAY

#### 1993 LEADERS

3:20.71	Moorhead
3:23.01	Forest Lake
3:23.24	Austin
3:23.27	Stillwater
3:23.95	Anoka
3:24.31	Foley
3:24.61	Apple Valley
3:24.71	Irondale
3:24.93	Mpls South
3:25.81	Coon Rapids
3:26.4	Rochester Mayo
3:27.06	Monticello
3:27.14	St Louis Park
3:26.9	Cretin-Derham H
3:27.93	Stewartville
3:28.06	Bloom Jefferson
3:28.07	Minnetonka
3:28.15	Eagan
3:28.28	Wayzata
3:28.31	Murray Co Central
3:28.2	Hastings
3:28.53	LeCenter/Clvnd
3:28.4	Bloom Kennedy
3:28.5	Woodbury
3:29.27	Willmar
3:29.30	Northfield
3:29.38	Edina
3:29.57	Shakopee
3:29.5	Mounds View
3:30.00	LeSueur-Henderson
3:30.0	Winona
3:30.34	Chatfield
3:30.59	Mahtomedi
3:30.4	Fridley
3:30.79	Park Rapids
3:31.01	Totino Grace
3:31.34	Centennial
3:31.61	Park Center
3:31.4	Mankato West
3:31.4	Rosemount
3:31.70	United So Central
3:31.79	St Paul Acad/SS
3:31.82	Robb Armstrong
3:31.88	Mesabi East
3:31.7	Hibbing
3:32.17	Byron
3:32.2	Blue Earth Area
3:32.5	Mankato East
3:32.6	Red Wing
3:32.8	Fairmont

### SPRINT MEDLEY RELAY

#### 1993 LEADERS

3:33.41	Mpls South
3:34.01	Anoka
3:34.47	Mankato East
3:34.52	Moorhead
3:34.56	Woodbury
3:34.72	Stewartville
3:35.01	Stillwater
3:35.74	Eagan
3:36.08	Hopkins
3:36.81	Monticello
3:36.87	Rochester Mayo
3:37.41	Hibbing
3:37.50	Pierz
3:38.01	Albert Lea
3:38.50	Murray Co Central
3:38.63	Irondale
3:38.73	Osseo
3:38.98	Bloom Jefferson
3:39.55	St Francis
3:39.69	Chatfield
3:40.12	Forest Lake
3:40.45	Hawley-U-H
3:40.51	Roseville
3:40.62	Eveleth-Gilbert
3:40.73	Minnetonka
3:40.5	Northfield
3:40.78	St Paul Acad/SS
3:40.97	Maple River
3:41.04	White Bear Lake
3:41.0	Mounds View
3:41.35	Willmar
3:41.41	Tartan
3:41.2	Virginia/MI-B
3:41.69	Mankato West
3:41.87	Mpls Washburn
3:41.9	Blaine
3:42.16	Sartell
3:42.62	Bemidji
3:42.83	Duluth Marshall
3:42.91	Byron
3:43.20	St Paul Harding
3:43.0	Orono
3:43.36	Annandale
3:43.47	Eden Prairie
3:43.57	Edina
3:43.60	Mahnomen
3:43.7	LeSueur-Henderson
3:44.00	Wayzata
3:43.8	Waterville-E/M
3:44.20	Rosemount

## BOYS LONG JUMP

## BOYS TRIPLE JUMP

### 1993 LEADERS

23-6.5	Jon Pontius	12	Fergus Falls
22-8.5	Flurohn Crutch	12	Park Center
22-7.5	Scott Beadle	12	Moorhead
22-7	Tommy Reynolds	11	St Paul Johnson
22-7	Chris Rogan	11	White Bear Lake
22-6.5	Carl McCullough	12	Cretin-DH
22-5.75	Brad Trost	12	Wabasso/Sanborn-L
22-4.5	Jason Meek	12	Kasson-Mantor
22-3.5	Chad Halverson	12	Rochester JM
22-3	Loren Entinger	12	Dassel-Cokato
22-3	Christian Johnson	12	Minnewaska
22-2.75	Brian Malyon	12	Minnewaska
22-2	Dean Nyberg	9	Cromwell
22-0.75	Bastian Preiss	12	Ashby/Brandon/E
22-0.5	Troy Walz	11	Anoka
22-0.5	Ryan Rademacher	12	North St Paul
22-0.25	Peter Griffith	12	Caledonia-SG
22-0	Kelly Schroeder	12	Fairmont
21-11.5	Brian Touhy	12	LaCrescent
21-11	Ryan Retzlaff	11	Fergus Falls
21-10.5	Jay Foreman	11	Eden Prairie
21-10.5	Sulonteh Roberts	11	Mpls Washburn
21-9.75	Cory Peterman	12	Lewiston-A
21-9.5	Andy Kolars	12	Mankato Loyola
21-9	Adam Johnson	12	Irondale
21-8.75	Chung Yu	12	Bloom Jefferson
21-8.5	Jamie Lowe	12	Forest Lake
21-6.75	Bryce Korbel	12	Moorhead
21-6.5	Miah Conlon	11	Lakeville
21-6.5	Jim Harri	12	Morris Area
21-6.5	Dennis Johnson	12	Norman Co East
21-6.25	Josh Westling	12	Howard Lake-W
21-5	Quinone Woodberry	12	Mpls Henry
21-4.25	Tim Harden	12	Burnsville
21-4.25	Chris Cox	12	Rochester Mayo
21-4	Kotchie Prosper	12	Blaine
21-4	Nate Mohling	11	Lakeville
21-4	Chad Carda	11	Mora
21-3.5	Matt Skulborstad	10	Rosemount
21-3.5	Eric Lund	12	St Cloud Tech
21-3	Kris Hogrefe	11	Intl Falls/LF-BF
21-2.5	Joe Fishbaugher	12	Harmony/Lanes/P-F
21-2.5	Jeremy Hoese	12	Mayer Lutheran
21-2.5	Ray Wilhelm	11	Stillwater
21-1.75	Jamie Skogen	11	Blue Earth Area
21-1.5	Shawn Nielsen	11	Cambridge
21-1.5	Brad Barclay	11	Elk River
21-1.5	Mike Driscoll	11	Rosemount
21-1.25	Mike Walters	10	Isle/Onamia
21-1	Josh Fiedler	12	Albany
21-1	Chris Ferch	12	Mounds View
21-1	Matt Wilson	11	Mounds View
21-1	Paul LeTendre	11	Murray Co Central
21-1	John Nicholson		North St Paul

### 1993 LEADERS

47-0.5	Adam Johnson	12	Irondale
46-7	Jon Pontius	12	Fergus Falls
46-3	Troy Walz	11	Anoka
45-8.5	Rob Haedt	12	Austin
45-7.25	Matt Anderson	12	Mounds View
45-1.5	Kotchie Prosper	12	Blaine
44-11	Jim Harri	12	Morris Area
44-7	Thad Olson	11	Mounds View
44-7	Steve Wenzel	11	White Bear Lake
44-6.25	Lane Belling	11	Belgrade-B-E
44-4.5	Jarrold Finseth	10	Win-E-Mac
44-3.25	Marcus Westberry	10	Mpls Washburn
44-0	Kevin Keasvisharn	11	Lakeville
43-11.75	Brian Malyon	12	Minnewaska
43-9	Tony Assay	10	Hutchinson
43-8.25	Kelly Schroeder	12	Fairmont
43-7.5	Jason Meek	12	Kasson-Mantor
43-7	Ryan Williams	12	St Cloud Apollo
43-4.75	Marc Brown	9	St Paul Highland
43-4.5	Troy Stresemann	10	Comfrey/Sprinfld
43-4.25	Aaron Harper	12	Tartan
43-4	Chris Ferch	12	Mounds View
43-3.75	Josh Fiedler	12	Albany
43-3	Chad Ostrom	11	Centennial
43-2.5	Jamie Lowe	12	Forest Lake
43-2.5	Gabe Valtierra	11	EGF Sacred Heart
43-2.25	Quinone Woodberry	12	Mpls Henry
43-2	Blake Benschoter	11	St John's Prep
43-2	Nathan Frantz	12	Wayzata
43-1.5	Erik Stiehm	12	Apple Valley
43-1.25	Ajamu Brown	12	Robb Cooper
43-1	Nate Mohling	11	Lakeville
43-1	Jason Guam	12	Kenyon-Wanamingo
43-0.5	Shawn Nielsen	11	Cambridge
43-0	Bob Kreye	12	Park
42-11.75	Jason Roy	12	Prior Lake
42-10.5	Andy Kolars	12	Mankato Loyola
42-9.5	Jay Foreman	11	Eden Prairie
42-8.5	Kris Hogrefe	11	Intl Falls/LF-BF
42-8	Nathan Dahlager	11	Belview-D-R-SH
42-7.5	Coarey Bechtold	12	Buffalo
42-7	Tim Feine	12	Blaine
42-6.5	Kevin Davis	10	Mankato East
42-6	Chris McCurry	12	Richfield
42-6	Keith Hooks	10	St Paul Harding
42-5.75	Keith Hanson	11	Mesabi East
42-5.5	Jamie Koester	12	Bemidji
42-5.5	John Hill	11	Fairmont
42-5.5	Mo Hicks	11	Osseo
42-5	Matt Parker	12	Shakopee

## BOYS HIGH JUMP

### 1993 LEADERS

7-1	Jon Markuson	11	Chaska
7-0.5	Jon Pontius	12	Fergus Falls
6-10.5	John Bauer	12	St Cloud Apollo
6-10	Andy Kolars	12	Mankato Loyola
6-9	Nathan Frantz	12	Wayzata
6-9	Shawn Nielsen	11	Cambridge
6-9	Nathan Dahlager	11	Belview-D-R-SH
6-8	Chad Halverson	12	Rochester JM
6-8	Jim Pederson	12	Lincoln HI
6-8	Will Kurth	11	Rochester JM
6-8	Tom Vonderbrink	12	Wayzata
6-7	Coarey Bechtold	12	Buffalo
6-7	David Gray	12	Blake
6-7	Tom Morgan	12	Robb Armstrong
6-6	Blake Benschoter	11	St John's Prep
6-6	Dennis Johnson	12	Norman Co East
6-6	Aaron Bond	11	Belview-D-R-SH
6-6	Jeremy Hemmelgarn	12	Elk River
6-6	Troy Sjoberg	10	Forest Lake
6-6	Greg Josewski	12	Osseo
6-6	Mike Hammer	11	Paynesville
6-5.5	Marcus Westberry	10	Mpls Washburn
6-5.5	Dan Linder	11	United So Central
6-4	Brian Malyon	12	Minnewaska
6-4	Chad Ostrom	11	Centennial
6-4	Erik Stiehm	12	Apple Valley
6-4	Matt Reynolds	11	Blaine
6-4	JT Hendry	9	Brooklyn Center
6-4	Aaron Larson	10	Centennial
6-4	Craig Fredrickson	9	Detroit Lakes
6-4	John Fenger	11	Eagan
6-4	Brian Renslow	12	Eden Prairie
6-4	Jay Holmstrom	12	Mahtomedi
6-4	Peter Benson	12	Moorhead
6-4	Matt Wilson	11	Mounds View
6-4	Jeff Taylor	12	Red Rock
6-4	Mike Hammond	12	Rosemount
6-4	TJ Ehlenfeldt	12	St Peter
6-4	Shawn Welch	11	Stillwater
6-4	Trevor Hopen	11	Walker-H-A/N
6-3	Jason Meek	12	Kasson-Mantor
6-3	Chad Ellman	12	Woodbury
6-3	Jason Novacinski	11	Barnum
6-3	Craig Madsen	11	Bertha-Hewitt/V
6-3	Dan Yetzer	12	Holy Angels
6-3	Tim Alger	12	United So Central
6-3	Doug Brands	11	Worthington
6-2.5	Frederico Perez	12	Dover-Eyota-SC
6-2.25	Brian Cogswell	12	Plainview
6-2.25	Charles Shaner	11	Stewartville

## BOYS POLE VAULT

### 1993 LEADERS

14-6	Paul Sander	12	Apple Valley
14-6	Noah Barnes	11	Richfield
14-5	Langdon Stahle	11	Minnetonka
14-3	Josh Longawa	12	Apple Valley
14-0	Jon Nickle	12	Edina
14-0	Josh Berlin	12	Holy Angels
14-0	Scott Trombley	11	Hopkins
14-0	Tyson Rupp	12	Murray Co Central
14-0	Sam Chittenden	11	Stillwater
14-0	Ben Ott	11	Walker-H-A/N
13-8	Chip Malmstrom	10	Mahtomedi
13-6	Matt Loverink	12	Alexandria
13-6	Greg Theuringer	10	Hopkins
13-6	Brian Kramer	12	Mayer Lutheran
13-6	Jason Hill	12	Minnetonka
13-6	Shawn Omann	12	Sartell
13-4	Mike Moberg	11	Hibbing
13-3	Paul Grabow	12	LeCenter/Clynd
13-3	Brad Junker	9	Mountain Lake-B-0
13-2	Jon Anderson	11	Morris Area
13-1	Adam Linke	12	Blake
13-1	Bob Voeltz	12	Byron
13-1	BJ Jones	10	Plainview
13-1	Greg Easterland	11	Sartell
13-1	Jeff Klein	11	Zumbrota-Mazeppa
13-0	Matt Schemmel	12	Bloom Jefferson
13-0	Mike Brockwell	9	Edina
13-0	Jesse Zimmer	11	Foley
13-0	Dirk Wehking	12	Fulda
13-0	Jim Schroeder	11	Hopkins
13-0	Dan Sturges	10	Hutchinson
13-0	Jim Indahl	10	Intl Falls/LF-BF
13-0	Paul Roach	11	Little Falls
13-0	Matt Nelson	12	Mankato West
13-0	Matt Jacobs	12	Marshall
13-0	Aric Chaney	11	Mayer Lutheran
13-0	Josh Sullivan	12	Mpls Southwest
13-0	Don Long	11	Park
13-0	Gene Hamilton	12	Pine River-Backus
13-0	Terry McCord	12	Prior Lake
13-0	John Jentz	12	St Peter
13-0	Nate Villnow	10	Willmar
12-9	Matt Mattson	11	Buffalo
12-9	Paul Argetsinger	12	Cambridge
12-9	Jon Wendlandt	12	Lake Crystal-WM
12-9	Ross Hanson	12	Lake Crystal-WM
12-7	Adam Warner	9	Deer River

32 tied at 12-6

## BOYS SHOT PUT

### 1993 LEADERS

59-8.75	Jon Jellum	12	Lakeville
56-5	Nate Pederson	11	Brainerd
56-3	Jim Wieland	12	Cretin-Derham H
54-1.5	Chad Maniekee	12	Cloquet
53-5	Jason Reiser	12	Dover-Eyota/SC
53-0.5	Troy Duerr	12	Buffalo
53-0.5	Michael Paone	12	Irondale
53-0	Marc Chevelier	12	LeSueur-Henderso
52-10.5	TJ DeBates	10	Stewartville
52-9.5	Jeff Barrett	12	Annandale
52-9.5	Gary Horack	11	Hibbing
52-8	Andy Graham	12	Anoka
52-6	Jon Huizinga	11	Willmar
52-4.5	Dan Gerads	11	Albany
52-4	Jason Rodewald	12	Park Center
52-3	Jordan Miller	12	Tartan
52-1	Matt Miller	12	Zumbrota-Mazeppa
52-0.5	Darwin Dumonceaux	10	St John's Prep
51-10.5	Gary Kummet	11	Pierz
51-10.5	Grant Adams	12	West Central
51-8	Mike Greengard	12	Tartan
51-5	Nate Hydukovich	12	Bemidji
51-2.5	Joe Schingen	10	Forest Lake
51-2.25	Jeff Schwantz	11	Elgin-Millville
51-0	Tedd Ratzloff	11	Pipestone/Jasper
50-11.75	Dan March	11	Stillwater
50-11	Jeremy Zahler	12	Blaine
50-11	Brian Wilson	11	Spring Lk Pk/SA
50-9.5	Shane Skiem	12	Thief R F/G/G-G
50-9	Chad Larson	12	Intl Falls/LF-BF
50-7	Jason Grott	11	Monticello
50-7	Todd Ramaker	12	Stewartville
50-7	Jeff Aspe	11	Tartan
50-6	Mike Rios	11	Roseville
50-5.5	Darren Dahlin	12	Minnetonka
50-4.75	Chris Cox	12	Minnetonka
50-4	Paul Serst	11	Two Harbors
50-2.75	Brian Johnson	11	Forest Lake
50-2.25	Mike Florin	12	Winona
50-0.5	Travis Hagen	12	Pelican Rapids
50-0	Andrew Majeski	12	Cook County
49-11	Brian Bennett	11	Hills-Beaver C
49-11	Aaron Evans	12	Perham
49-9.75	Joe Hayes	10	Park
49-8.75	Jason Black	11	Richfield
49-7.75	Pat Wolfe	12	Crookston
49-7.5	Dennis Owens	12	Brooklyn Center
49-6.5	John Furlong	12	Hill-Murray
49-4	Tom Windorski	12	Crosby-Ironton
49-4	Andy Agrimson	9	Stillwater

## BOYS DISCUS THROW

### 1993 LEADERS

183-0	Jon Jellum	12	Lakeville
176-11	Dan March	11	Stillwater
174-6	Nate Hydukovich	12	Bemidji
172-11	Jim Wieland	12	Cretin-Derham H
170-7	Darren Dahlin	12	Minnetonka
170-0	Jason Grott	11	Monticello
166-5	Ted Ruzanic	12	Sartell
164-11	Erick Lehet	11	Edina
164-5	Jason Rodewald	12	Park Center
161-10	Ben Taylor	11	Harmony/Lanes/P-F
160-11	Shane Skiem	12	Thief R F/G/G-G
159-9	Adam Boerema	10	Willmar
159-5	Jeremy Rondorf	12	Pillager-Motley
159-0	Chris Cox	12	Minnetonka
158-11	Rob Bohlinger	12	Totino Grace
157-7	Shawn Growe	11	Shakopee
157-4	Chad Larson	12	Intl Falls/LF-BF
157-3	Mike Rios	11	Roseville
156-9	Jason Reiser	12	Dover-Eyota/SC
155-9	Todd Ramaker	12	Stewartville
155-0	Leroy Ask	11	Luverne
153-10	Paul Kershaw	12	St Cloud Tech
153-5	Nathan Mielke	11	Rush City
152-2	Mark Steger	12	Fergus Falls
151-1	Andy Danielson	12	Minnetonka
150-8	Blaine Thorkildson	12	Waubun
149-8	Erik Bolme	10	Grand Rapids
149-1	Troy Duerr	12	Buffalo
149-1	Chris Takase	10	Park
148-10	Tony Holmblad	12	Faribault
148-4	Aaron Krueger	12	Anoka
148-4	Pete Miller	11	Buffalo
147-9	Dan Gerads	11	Albany
147-6	Travis Hagen	12	Pelican Rapids
147-4	Jim Howley	12	Maple River
147-1	Andrew Majeski	12	Cook County
147-1	Mike Higby	12	Moose Lake/WR
146-9	Chad Opatz	12	Sartell
146-7	Wade Winter	9	Moorhead
146-1	Dave Anderson	10	Dilworth/G-F
145-8	Roger Berkness	12	Long Prairie
145-7	Jeff Schwantz	11	Elgin-Millville
145-6	Ben Meyer	9	Pine Island
145-5	Mark Fahey	9	Forest Lake
145-5	Ross Meacham	12	Red Wing
145-3	Curt Stilp	12	Mahtomedi
145-2	Zebulan McInerny	11	South St Paul
144-9	Tony Kauck	11	Mpls Washburn
144-6	Bob Welch	9	Wabasso/Sanborn-L
144-3	Jason Seolak	12	St Thomas Academy