

1995 MINNESOTA BOYS TRACK AND FIELD ANNUAL

**Bill Miles, Wayzata High School
Tim Miles, Saint John's University**

Thanks

Thanks to all coaches and others who sent results. Your efforts are essential toward making these more nearly complete lists. Notable is Jeff Renlund whose research of Minnesota high school cross country and track and field history has unearthed some good information for our publication. 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 1995 lists nor our all-time lists are complete.

1996 Results

Please send complete results for any competition in which one of your athletes may have achieved a top 70 mark. Please indicate whether timing was fully automatic or manual. Although we appreciate receiving result by June 15, we will gladly accept them at any time. Send results to: Tim Miles, Track and Field Coach, Saint John's University, PO Box 7277, Collegeville, MN 56321.

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.

Minnesota Girls Track and Field Annual

Contact Shawn Johnson-Hipp at Hamline University, 1536 Hewitt Avenue, St. Paul, MN 55105.

Additional Copies of the 1995 Boys Annual

Additional copies of this publication may be purchased for two dollars each. Make check payable to Saint John's University and send to:

Tim Miles
Track and Field Coach
Saint John's University
PO Box 7277
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100 METERS

1995 LEADERS

| | | | |
|-------|-------------------|----|----------------------------|
| 10.76 | Jeff Tarnowski | 11 | Wayzata |
| 10.78 | Jermaine Brown | 10 | Champlin Park |
| 10.79 | Matt Skulborstad | 12 | Rosemount |
| 10.84 | C.J. Simonsen | 12 | Coon Rapids |
| 10.6 | Joey Gleason | 12 | Minnesota Valley Luthera |
| 10.6 | Marc Brown | 11 | Saint Paul Highland Park |
| 10.88 | Erik Hanson | 11 | Mesabi East |
| 10.89 | Matt Bramwell | 12 | Robbinsdale Armstrong |
| 10.94 | Nate Schmitt | 11 | Lakeville |
| 10.95 | Adam Freed | 11 | Duluth Marshall |
| 10.96 | Matt Foster | 12 | Jackson |
| 10.97 | Shawn Snyder | 12 | Redwood Valley |
| 10.98 | LaMonte Wade | 12 | Saint Paul Central |
| 11.00 | Jason Jacobson | 11 | Aitkin |
| 11.01 | Rhashidi Van Leer | 12 | Woodbury |
| 11.03 | LaShay Whittaker | 12 | Minneapolis De La Salle |
| 10.8 | Roman Cress | 12 | Minneapolis South |
| 11.13 | Cory Laulunen | 12 | Duluth Central |
| 11.13 | Casey Gregg | 12 | Hibbing |
| 11.13 | Ryan Schmitz | 12 | Mankato Loyola |
| 10.9 | Jonathan Lance | 12 | Wayzata |
| 11.14 | Brad Prigge | 12 | Zumbrota-Mazeppa |
| 10.9 | Bryan Jegtvig | 12 | Hawley/Ulen-Hitterdal |
| 10.9 | Brant Grimes | 12 | Bloomington Jefferson |
| 11.19 | Dave Swart | 10 | Murray County Central |
| 11.20 | Shane Madrinich | 12 | Proctor |
| 11.22 | Dugan Flinn | 12 | Redwood Valley |
| 11.23 | Todd Veroeven | 11 | Mankato East |
| 11.0 | Josh Wilske | 10 | Lakeville |
| 11.0 | Verdis Webb | 12 | Cretin-Derham Hal |
| 11.0 | Jeremy Nelson | 12 | Chatfield |
| 11.0 | Jamie Kunstleben | 11 | Holdingford |
| 11.25 | Matt Athmann | 12 | Shakopee |
| 11.25 | Jerry Burch | 9 | Saint Paul Como Park |
| 11.26 | Eric Farnum | 11 | Cambridge |
| 11.26 | Bob Hawkinson | 11 | BOLD |
| 11.27 | Chad Lukkes | 12 | New Prague |
| 11.28 | Steve Lynch | 11 | White Bear Lake |
| 11.28 | Jay Hatleli | 11 | Fillmore Central/Lanesboro |
| 11.31 | Jordan Knosalla | 12 | Milaca |
| 11.32 | Mark Swanson | 11 | Clearbrook-Gonvick |
| 11.33 | Ted Simon | 11 | Blue Earth Area |
| 11.33 | Brian Hanka | 11 | Brooklyn Center |
| 11.1 | Matt Wordelman | 11 | Owatonna |
| 11.1 | Matt Brechler | 12 | Rochester John Marshall |
| 11.1 | Steve Kylo | 12 | Rochester John Marshall |
| 11.1 | Josh Johnson | 11 | Fairmont |
| 11.1 | Ryan Stewart | 12 | Park |
| 11.1 | Kerry Saffold | 11 | Saint Paul Central |
| 11.1 | Perry Cook | 12 | Blaine |
| 11.34 | Kwame Djadoo | 11 | Park Center |
| 11.1 | Jason Weis | 11 | Saint Cloud Apollo |
| 11.1 | Jared Nerison | 12 | Kenyon-Wanamingo |
| 11.1 | Brad Wytaske | 12 | Pine Island |
| 11.1 | Luke Pfeifer | 11 | Frazee |
| 11.35 | Cullen Garrity | 12 | Academy of Holy Angels |
| 11.36 | Thanh Tran | 12 | Fridley |
| 11.36 | Larry Miller | 12 | Bloomington Kennedy |
| 11.37 | Mark Rasmussen | 12 | Detroit Lakes |
| 11.37 | Tony Imholte | 11 | Saint Cloud Cathedral |
| 11.38 | Bob Wood | 12 | Stillwater |
| 11.39 | Jamie Steele | 12 | Red Wing |
| 11.40 | Chris Golecki | 11 | Lakeville |
| 11.40 | Ryan Ewald | 12 | Duluth East |
| 11.42 | Ricky Thomas | 10 | Champlin Park |
| 11.42 | Kevin Campbell | 10 | Minnetonka |
| 11.43 | Matt Reimann | 11 | Anoka |
| 11.43 | Ryan Rivard | 12 | Marshall County South |
| 11.2 | fifteen athletes | | |

200 METERS

1995 LEADERS

| | | | |
|-------|-------------------|----|----------------------------|
| 21.70 | Jeff Tarnowski | 11 | Wayzata |
| 21.85 | Adam Freed | 11 | Duluth Marshall |
| 21.85 | Rhashidi Van Leer | 12 | Woodbury |
| 21.92 | Matt Skulborstad | 12 | Rosemount |
| 22.03 | Mark Rasmussen | 12 | Detroit Lakes |
| 22.05 | Tony Lorenzen | 12 | Osseo |
| 22.08 | LaMonte Wade | 12 | Saint Paul Central |
| 22.14 | Erik Hanson | 11 | Mesabi East |
| 22.20 | Jacob Conway | 11 | Waseca |
| 22.0 | Joey Gleason | 12 | Minnesota Valley Luthera |
| 22.29 | Matt Bramwell | 12 | Robbinsdale Armstrong |
| 22.30 | Rex Smith | 12 | Rochester Mayo |
| 22.43 | Brad Prigge | 12 | Zumbrota-Mazeppa |
| 22.50 | Ryan Schmitz | 12 | Mankato Loyola |
| 22.51 | Jermaine Brown | 10 | Champlin Park |
| 22.52 | Luke Pfeifer | 11 | Frazee |
| 22.53 | Sean Neubauer | 12 | Sleepy Eye/Saint Mary's |
| 22.3 | Shawn Snyder | 12 | Redwood Valley |
| 22.3 | Aaron Deutsch | 12 | Stillwater |
| 22.61 | Todd Veroeven | 11 | Mankato East |
| 22.64 | Ricky Thomas | 10 | Champlin Park |
| 22.4 | Jonathan Lance | 12 | Wayzata |
| 22.71 | Nate Schmitt | 11 | Lakeville |
| 22.73 | Josh Wilske | 10 | Lakeville |
| 22.5 | Steve Burslie | 12 | Thief River Falls/Goodrid |
| 22.78 | Roman Cress | 12 | Minneapolis South |
| 22.80 | Chuck Harris | 12 | Minnetonka |
| 22.87 | Jeremy Nelson | 12 | Chatfield |
| 22.88 | Tom Gerding | 10 | Waconia |
| 22.88 | Chip Malmstrom | 12 | Mahtomedi |
| 22.90 | Larry Miller | 12 | Bloomington Kennedy |
| 22.91 | Casey Gregg | 12 | Hibbing |
| 22.92 | Kyle Perreault | 11 | Coon Rapids |
| 22.93 | Bob Hawkinson | 11 | BOLD |
| 22.93 | Matt Reimann | 11 | Anoka |
| 22.94 | Kirk Kleist | 12 | Sibley East |
| 22.7 | Chad Kuehne | 12 | Long Prairie-Grey Eagle |
| 22.7 | Bryan Jegtvig | 12 | Hawley/Ulen-Hitterdal |
| 22.7 | Thanh Tran | 12 | Fridley |
| 22.7 | Brian Bender | 12 | Hopkins |
| 22.95 | Cory Laulunen | 12 | Duluth Central |
| 22.98 | Kerry Saffold | 11 | Saint Paul Central |
| 23.00 | Ted Simon | 11 | Blue Earth Area |
| 23.00 | Chad Lukkes | 12 | New Prague |
| 23.01 | Aaron Nicholson | 12 | Forest Lake |
| 23.02 | Boyd Burke | 11 | Saint Francis |
| 23.09 | Ryan Greenhoff | 10 | Pipestone-Jasper |
| 23.12 | Matt Foster | 12 | Jackson |
| 23.12 | Marc Brown | 11 | Saint Paul Highland Park |
| 23.13 | Chris Barth | 11 | Melrose |
| 22.9 | Jay Hatleli | 11 | Fillmore Central/Lanesboro |
| 22.9 | Aaron Virnig | 12 | Pierz |
| 22.9 | Sean Qualy | 11 | Hastings |
| 22.9 | Ryan Stewart | 12 | Park |
| 23.16 | Nick Mertz | 11 | Bloomington Jefferson |
| 23.18 | Perry Cook | 12 | Blaine |
| 23.18 | Anthony Garnett | 11 | Apple Valley |
| 23.21 | Steve Lynch | 11 | White Bear Lake |
| 23.23 | Eric Swift | 11 | Willmar |
| 23.23 | Fred Harris | 10 | Mahtomedi |
| 23.0 | Fred Krohn | 10 | La Crescent |
| 23.0 | Dan Andretta | 12 | Simley |
| 23.24 | Ryan Buitenhoff | 11 | Saint Cloud Tech |
| 23.25 | Joe LaVine | 12 | Bagley/Fosston |
| 23.26 | Eric Farnum | 11 | Cambridge |
| 23.29 | Matt Wordelman | 11 | Owatonna |
| 23.29 | Bob Wood | 12 | Stillwater |
| 23.31 | Josh Kruger | 12 | Willmar |
| 23.32 | Andy Osterdyk | 11 | Mille Lacs |
| 23.32 | Tony Bucholz | 11 | Red Wing |

400 METERS

1995 LEADERS

| | | | |
|-------|-------------------|----|---------------------------|
| 49.05 | Brant Grimes | 12 | Bloomington Jefferson |
| 49.14 | Tom Gerding | 10 | Waconia |
| 49.21 | Erik Hanson | 11 | Mesabi East |
| 49.43 | Tony Lorenzen | 12 | Osseo |
| 49.3 | Aaron Deutsch | 12 | Stillwater |
| 49.6 | Adam Freed | 11 | Duluth Marshall |
| 50.04 | Jacob Conway | 11 | Waseca |
| 50.07 | Chuck Harris | 12 | Minnetonka |
| 50.14 | Lance Meincke | 11 | Lake City |
| 50.14 | Jesse Smith | 11 | Hermantown |
| 50.19 | Jake Witte | 12 | Chokio-Alberta/Clinton-G |
| 50.29 | Boyd Burke | 11 | Saint Francis |
| 50.31 | Chris Kubacki | 11 | Fridley |
| 50.39 | Mark Wenzel | 12 | Jackson |
| 50.45 | Perry Cook | 12 | Blaine |
| 50.48 | Brian Bender | 12 | Hopkins |
| 50.55 | Jeremy Blake | 12 | Moorhead |
| 50.65 | Dan Thompson | 11 | Lake City |
| 50.67 | Ben Marshall | 12 | Bloomington Jefferson |
| 50.69 | Chris Snoddy | 11 | Minneapolis Washburn |
| 50.70 | Eric Anderson | 12 | Lakeville |
| 50.5 | Mike Daleiden | 12 | Montgomery-Lonsdale |
| 50.78 | Kevin Blackburn | 12 | Crookston |
| 50.82 | Chris Barth | 11 | Melrose |
| 50.6 | Josh Berg | 12 | Granite Falls-Clarkfield |
| 50.85 | Eric Swift | 11 | Willmar |
| 50.85 | Casey Grunewald | 8 | Agassiz Valley |
| 50.87 | Eric Dahlgren | 12 | Austin |
| 50.87 | Larry Miller | 12 | Bloomington Kennedy |
| 50.88 | Dave Wenell | 12 | Wayzata |
| 50.93 | Troy Sunde | 11 | New London-Spicer |
| 50.7 | Gabe Amundson | 12 | Virginia/Mountain Iron-B |
| 50.7 | Bob Quade | 10 | Martin County West |
| 50.98 | Thanh Tran | 12 | Fridley |
| 50.8 | Reshard Taylor | 11 | Apple Valley |
| 50.8 | Ryan Schmitz | 12 | Mankato Loyola |
| 51.05 | Shane Hall | 10 | Burnsville |
| 51.09 | Tony Steinemann | 12 | Sauk Rapids |
| 51.10 | Chris McGee | 12 | Sauk Rapids |
| 51.12 | Eric Schilling | 12 | Anoka |
| 51.13 | Eric Carpenter | 12 | Minneapolis Southwest |
| 51.18 | Andy Osterdyk | 11 | Mille Lacs |
| 51.21 | Steve Burslie | 12 | Thief River Falls/Goodrid |
| 51.21 | Tim London | 12 | St Paul Academy & Sum |
| 51.23 | Roger Waleski | 12 | Grand Rapids |
| 51.31 | Chuck Mankowski | 12 | Brainerd |
| 51.1 | Joel Marleau | 11 | Ely |
| 51.42 | Dan Kuehl | 12 | Mankato East |
| 51.50 | Joe LaVine | 12 | Bagley/Fosston |
| 51.53 | Ty Purdy | 11 | Orono |
| 51.3 | Pat Miller | 12 | Chatfield |
| 51.3 | Brian Helmstetter | 11 | Blue Earth Area |
| 51.58 | Matt Raml | 11 | Saint Cloud Apollo |
| 51.60 | Donald Griffin | 12 | Saint Paul Johnson |
| 51.63 | Andy Johnson | 12 | Stillwater |
| 51.4 | Kirk Kleist | 12 | Sibley East |
| 51.4 | Chad Kuehne | 12 | Long Prairie-Grey Eagle |
| 51.65 | John Field | 12 | Stephen |
| 51.67 | Mike Dvorak | 12 | New Prague |
| 51.73 | Kevin Campbell | 10 | Minnetonka |
| 51.77 | Kevin Grotheim | 12 | North Branch |
| 51.78 | Jacob White | 10 | Alexandria |
| 51.90 | Melvin Carter | 10 | Saint Paul Central |
| 51.91 | Chris Bauer | 9 | Faribault |
| 51.93 | Steve Ruble | 11 | Red Wing |
| 51.95 | David Harrison | 12 | Shakopee |
| 51.99 | Chris Brown | 10 | Red Wing |
| 51.99 | Dax Szegda | 12 | Fridley |
| 52.02 | Nate Killibarda | 12 | Brainerd |
| 52.07 | Todd Smidt | 11 | Pipestone-Jasper |

800 METERS

1995 LEADERS

| | | | |
|---------|-------------------|----|---------------------------|
| 1:52.24 | Jason Owen | 11 | Stewartville |
| 1:56.0 | Ron Hoffner | 12 | Park Center |
| 1:56.0 | Jay Schoenfelder | 12 | Duluth East |
| 1:56.90 | James Billings | 12 | Eagan |
| 1:56.92 | Dave Wenell | 12 | Wayzata |
| 1:57.12 | Dane Larson | 11 | Park Rapids Area |
| 1:56.9 | Andy Tate | 11 | Morris Area |
| 1:57.22 | Pat Peifer | 12 | Hopkins |
| 1:57.42 | Jeff Miller | 11 | New London-Spicer |
| 1:57.43 | Chad Zink | 11 | Rockford |
| 1:57.57 | Kris Weum | 12 | St Paul Academy & Sum |
| 1:57.80 | Ryan Losinski | 10 | LeCenter/Cleveland |
| 1:58.0 | Adam Freed | 11 | Duluth Marshall |
| 1:58.27 | Shaun Fransen | 10 | Edgerton |
| 1:58.40 | Tony Foss | 11 | Cretin-Derham Hall |
| 1:58.46 | Mitch Ohnstad | 11 | Faribault |
| 1:58.46 | Eric Schmeckpeper | 11 | Forest Lake |
| 1:58.60 | Andy Quist | 12 | Alexandria |
| 1:58.63 | Magnus Ahlstrom | 12 | Benson/K-M-S |
| 1:58.72 | Jesse Miller | 12 | Deer River |
| 1:58.6 | Jeremy Polson | 11 | Duluth Denfeld |
| 1:58.88 | David Manning | 12 | Robbinsdale Armstrong |
| 1:58.95 | Rob Edwards | 11 | Prior Lake |
| 1:58.96 | Eric Hawes | 10 | Hutchinson |
| 1:59.03 | Shaun Murphy | 11 | Burnsville |
| 1:59.04 | Rick Rehman | 10 | Robbinsdale Armstrong |
| 1:59.20 | Drew Heise | 12 | Mankato West |
| 1:59.26 | Geoff Williamson | 12 | Woodbury |
| 1:59.41 | Kevin Ueland | 12 | Eden Prairie |
| 1:59.2 | Chad Berdahl | 12 | Tartan |
| 1:59.47 | Jason Mielke | 11 | Annandale |
| 1:59.4 | Neal Dawes | 12 | La Crescent |
| 1:59.5 | Sam West | 11 | Mounds Park Academy |
| 1:59.6 | Nate Watson | 12 | Duluth East |
| 2:00.12 | Zach Miller | 11 | Duluth Central |
| 2:00.13 | Rasheed Harris | 12 | Minneapolis North |
| 2:00.0 | Abe Johnson | 11 | Pequot Lakes |
| 2:00.0 | Steve Leuer | 11 | Osseo |
| 2:00.43 | Robin Bliss | 11 | Mora |
| 2:00.60 | Dan Hall | 11 | Rochester Lourdes |
| 2:00.74 | T.J. Snell | 10 | Eden Prairie |
| 2:00.78 | Nate Killibarda | 12 | Brainerd |
| 2:00.6 | Kyle Peterman | 12 | Lewiston-Altura |
| 2:00.84 | Mark Stoick | 12 | Saint Michael-Albertville |
| 2:00.6 | Chris Newby | 12 | Lakeville |
| 2:00.85 | Jermaine Toney | 11 | Minneapolis Henry |
| 2:01.03 | Tom Roman | 12 | Mounds View |
| 2:00.8 | Jacob Hallen | 12 | Wayzata |
| 2:01.05 | Jesse Brettingen | 12 | Minnetonka |
| 2:01.05 | Mike Brown | 10 | North Branch |
| 2:01.10 | Jeff Harmsen | 12 | Irondale |
| 2:01.14 | Dan Dittmer | 12 | Glencoe-Silver Lake |
| 2:00.9 | Tyler Kondos | 12 | Ely |
| 2:01.25 | Matt Komatsu | 12 | Duluth Marshall |
| 2:01.26 | Darin Durand | 12 | Apple Valley |
| 2:01.33 | Brian Keyes | 12 | Shakopee |
| 2:01.1 | Eric Barrett | 12 | Saint Cloud Cathedral |
| 2:01.1 | Josh Boon | 11 | Park |
| 2:01.35 | Andy St Sauver | 12 | Mounds View |
| 2:01.48 | Josh Kath | 12 | White Bear Lake |
| 2:01.55 | Ben Mullin | 10 | White Bear Lake |
| 2:01.57 | Paul Drees | 12 | Kingsland |
| 2:01.58 | Matt Beauchane | 12 | Lakeville |
| 2:01.4 | Jake Rugh | 12 | Wayzata |
| 2:01.4 | Eric Loeffler | 12 | Fergus Falls |
| 2:01.73 | Chris Storey | 12 | Warroad |
| 2:01.5 | Bryan Lloyd | 12 | Saint Cloud Tech |
| 2:01.76 | Tom Foster | 11 | Roseville Area |
| 2:01.78 | Todd Klein | 10 | Roseville Area |
| 2:01.78 | Troy Brinkman | 12 | White Bear Lake |

1600 METERS

1995 LEADERS

| | | |
|---------|-------------------|----|
| 4:12.7 | Jay Schoenfelder | 12 |
| 4:14.65 | Jason Owen | 11 |
| 4:18.5 | Jeremy Polson | 11 |
| 4:19.46 | Josh Brang | 12 |
| 4:20.93 | Andy Tate | 11 |
| 4:21.55 | Ron Hoffner | 12 |
| 4:22.02 | James Billings | 12 |
| 4:22.2 | Steve Leuer | 11 |
| 4:23.68 | Jason Holton | 12 |
| 4:23.86 | Zac Schendel | 11 |
| 4:23.99 | Kris Weum | 12 |
| 4:24.00 | John Auel | 12 |
| 4:24.01 | Eric Loeffler | 12 |
| 4:24.33 | Eric Pierce | 12 |
| 4:24.72 | Todd Landgraff | 12 |
| 4:24.93 | Magnus Ahlstrom | 12 |
| 4:25.10 | Eric Barrett | 12 |
| 4:25.13 | Chris Hadley | 12 |
| 4:25.23 | Tom Foster | 11 |
| 4:25.32 | Ryan Kollmann | 11 |
| 4:25.40 | Dane Larson | 11 |
| 4:25.90 | Chris Newby | 12 |
| 4:26.00 | Chris Anderson | 11 |
| 4:26.35 | Chris Sutherland | 12 |
| 4:26.36 | Nick Matak | 10 |
| 4:26.37 | Mike Stoick | 12 |
| 4:26.2 | Josh Kath | 12 |
| 4:26.55 | Matt Beauchane | 12 |
| 4:26.86 | Eric Whiteis | 12 |
| 4:27.60 | Jacob Hallen | 12 |
| 4:27.67 | Jon Nowak | 12 |
| 4:27.71 | Steve Paske | 11 |
| 4:27.79 | Troy Brinkman | 12 |
| 4:27.84 | Chet Boom | 12 |
| 4:28.00 | David Herman | 10 |
| 4:28.29 | Justin Rice | 12 |
| 4:28.39 | Dominic Ewers | 11 |
| 4:28.45 | Mike Gade | 12 |
| 4:28.71 | Zach Miller | 11 |
| 4:28.5 | Kevin Shaughnessy | 12 |
| 4:28.76 | Brian Granholm | 11 |
| 4:29.02 | Elliot Goltz | 12 |
| 4:29.26 | Brian Janaszak | 12 |
| 4:29.44 | John Krueger | 11 |
| 4:29.3 | Jamie Schneider | 11 |
| 4:29.55 | Randy Frels | 12 |
| 4:29.93 | Chris Pikus | 12 |
| 4:29.94 | Scott Major | 11 |
| 4:29.9 | Chuck Smith | 11 |
| 4:30.25 | David Frank | 11 |
| 4:30.26 | Ebassa Bernahu | 10 |
| 4:30.1 | Eric Anderson | 10 |
| 4:30.2 | Eric Hawes | 10 |
| 4:30.2 | Sam Noyes | 12 |
| 4:30.7 | Josh Bauer | 10 |
| 4:30.97 | Kam Hyland | 11 |
| 4:31.01 | Ryan Bickler | 11 |
| 4:30.9 | Kyle Peterman | 12 |
| 4:30.9 | Marty Rosendahl | 10 |
| 4:31.23 | Jesse Brettingen | 12 |
| 4:31.35 | Eric Kallio | 11 |
| 4:31.2 | Keith Rahn | 11 |
| 4:31.3 | Dan Dittmer | 12 |
| 4:31.3 | Jeff Flory | 11 |
| 4:31.78 | Matt Tuil | 10 |
| 4:31.77 | Kori Kuhn | 10 |
| 4:31.84 | David Gustafson | 12 |
| 4:31.87 | Phil Smith | 11 |
| 4:32.07 | Matt Roe | 12 |
| 4:32.08 | Greg Wikelius | 9 |

3200 METERS

1995 LEADERS

| | | | |
|----------|---------------------|----|---------------------------|
| 9:01.36 | Jay Schoenfelder | 12 | Duluth East (9:04.62y) |
| 9:17.39 | Josh Brang | 12 | Winona |
| 9:18.97 | Nick Matak | 10 | Duluth East |
| 9:19.24 | Todd Landgraff | 12 | Mankato West |
| 9:22.31 | Steve Leuer | 11 | Osseo |
| 9:23.11 | Jeremy Polson | 11 | Duluth Denfeld |
| 9:23.87 | Andy Tate | 11 | Morris Area |
| 9:24.79 | Zac Schendel | 11 | Red Wing |
| 9:25.40 | Ryan Kollmann | 11 | Centennial |
| 9:27.22 | Chris Sutherland | 12 | Coon Rapids |
| 9:32.93 | Chuck Smith | 11 | Lakeville |
| 9:34.08 | Mike Stoick | 12 | Saint Michael-Albertville |
| 9:34.30 | Eric Loeffler | 12 | Fergus Falls |
| 9:34.41 | Jacob Hallen | 12 | Wayzata |
| 9:35.85 | Jeff Flory | 11 | Saint Paul Central |
| 9:36.56 | Eric Pierce | 12 | Forest Lake |
| 9:36.87 | Phil Smith | 11 | Lakeville |
| 9:37.21 | Steve Paske | 11 | Osseo |
| 9:38.34 | David Herman | 10 | Wayzata |
| 9:39.29 | Jay Jackson | 11 | Bloomington Kennedy |
| 9:39.32 | Chris Pikus | 12 | Sartell |
| 9:42.26 | Jamie Schneider | 11 | South Saint Paul |
| 9:44.35 | Chris Anderson | 11 | Chisago Lakes |
| 9:46.19 | Kyle Peterman | 12 | Lewiston-Altura |
| 9:46.69 | Jason Kruger | 12 | Owatonna |
| 9:47.06 | Marty Rosendahl | 10 | Fridley |
| 9:47.34 | Josh Kath | 12 | White Bear Lake |
| 9:47.53 | Brian Granholm | 11 | Cromwell |
| 9:47.74 | Matt Radtke | 12 | Mesabi East |
| 9:47.86 | Eric Anderson | 10 | Fairmont |
| 9:48.20 | Chris Hadley | 12 | Prior Lake |
| 9:48.50 | Alex Werner | 10 | Northfield |
| 9:48.95 | Josh Bauer | 10 | Minnesota Valley Luth |
| 9:52.01 | Luke Watson | 9 | Stillwater |
| 9:52.0 | Eric Hartmark | 11 | Duluth East |
| 9:52.82 | Jesse Adriaens | 10 | Eden Prairie |
| 9:52.82 | Ebassa Bernahu | 10 | Babbitt-Embarrass |
| 9:52.97 | Trevor Mitchell | 10 | Apple Valley |
| 9:53.13 | Ed Whetham | 12 | Stillwater |
| 9:53.53 | Pat Schulte | 12 | Sartell |
| 9:53.7 | Joe Tupy | 10 | Tartan |
| 9:54.24 | Jeremy Estenson | 12 | Alexandria |
| 9:54.40 | Keith Kowalsky | 12 | Saint Louis Park |
| 9:54.50 | Randy Frels | 12 | Totino Grace |
| 9:54.4 | James Mullenix | 11 | Carlton/Wrenshall |
| 9:54.87 | Ben Morris | 10 | Wayzata |
| 9:54.91 | Grant Fischer | 11 | Burnsville |
| 9:55.05 | Kenny Miller | 12 | Park Rapids Area |
| 9:55.12 | Ben Freyinger | 11 | St Paul Academy & S |
| 9:55.29 | Matt Schadow | 10 | Hopkins |
| 9:55.82 | Andy Elvester | 10 | Forest Lake |
| 9:56.0 | John Krueger | 11 | Stillwater |
| 9:57.09 | Mike Martin | 10 | St Paul Academy & S |
| 9:56.9 | Matt Guldseth | 12 | Monticello |
| 9:57.94 | Kori Kuhn | 10 | Brainerd |
| 9:57.9 | Richard Skorczewski | 11 | Lincoln, Hendricks-Iv. |
| 9:58.25 | Jeff Kauffman | 11 | Minnnetonka |
| 9:58.36 | Ken Nikolas | 12 | Hill-Murray |
| 9:58.36 | Mike Gade | 12 | Eden Prairie |
| 9:58.74 | Bryon Fagen | 11 | Montevideo |
| 9:58.87 | Andrew Johanson | 10 | United South Central |
| 9:58 | Derick Sweney | 12 | Spring Lake Park/St A |
| 9:59.18 | Derick Netter | 10 | Saint Cloud Tech |
| 9:59.44 | Mike Moravec | 12 | Montevideo |
| 9:59.50 | Brian Janaszak | 12 | Apple Valley |
| 9:59.89 | Alex Achen | 11 | Red Wing |
| 9:59.8 | Mike Davis | 12 | Redwood Valley |
| 9:59 | Pete Kreminski | 12 | Duluth Denfeld |
| 10:00.16 | Ruben Martinez | 12 | Shakopee |
| 10:00.38 | Steve Lalim | 10 | Little Falls |

110 METER HURDLES

1995 LEADERS

| | | | |
|-------|----------------------|----|---------------------------|
| 14.59 | Joe Kaczor | 12 | Grand Rapids |
| 14.60 | Tony Asay | 12 | Hutchinson |
| 14.80 | Craig Fredrickson | 11 | Detroit Lakes |
| 14.84 | Luke Pfeifer | 11 | Frazee |
| 14.85 | Brad Piermantier | 11 | Park |
| 14.89 | Matt Steele | 10 | Eden Prairie |
| 14.91 | Jamie Kunstleben | 11 | Holdingsford |
| 15.05 | Tony Brandel | 12 | Dassel-Cokato |
| 15.10 | Scott Hentges | 12 | Forest Lake |
| 15.11 | Chris Huntley | 12 | Stillwater |
| 15.13 | Adam DeCook | 11 | Byron |
| 15.14 | James Lesure | 12 | Saint Paul Como Park |
| 14.9 | Todd Schroeder | 12 | Osseo |
| 15.19 | Mike Pooler | 12 | Sauk Centre |
| 15.24 | Mark Jacobson | 11 | Park Rapids Area |
| 15.0 | Chip Malmstrom | 12 | Mahtomedi |
| 15.25 | Brian Rehnke | 11 | Bloomington Kennedy |
| 15.31 | Dugan Flinn | 12 | Redwood Valley |
| 15.31 | Andy Eggerth | 12 | Spring Lake Park/Saint A |
| 15.32 | Nate Robertson | 11 | Anoka |
| 15.1 | Sean Neubauer | 12 | Sleepy Eye/Saint Mary's |
| 15.1 | Todd Longstreet | 11 | Mankato West |
| 15.1 | Jay McCall | 12 | Apple Valley |
| 15.38 | Matt Young | 11 | Moorhead |
| 15.40 | Kris Roessler | 12 | Monticello |
| 15.42 | John Hemming | 11 | Mounds View |
| 15.2 | Tom Smith | 12 | Benson/K-M-S |
| 15.2 | Sam Rico | 12 | Marshall County South |
| 15.2 | Steve Porcaro | 12 | Wayzata |
| 15.46 | David Mayhew | 10 | Academy of Holy Angels |
| 15.48 | Chris Lehman | 11 | Esko |
| 15.49 | Brock Fluegge | 10 | Willmar |
| 15.50 | Zac Hinz | 11 | Farmington |
| 15.3 | Sheldon Johnson | 12 | Minnesota Valley Lutheran |
| 15.54 | Steve Sorenson | 11 | Eagan |
| 15.3 | Eric Bishop | 12 | Rochester Mayo |
| 15.3 | Brett Christopherson | 12 | Rochester Mayo |
| 15.3 | Jeff Gilchrist | 12 | Tartan |
| 15.62 | John Pietila | 12 | Lake Park-Audobon |
| 15.62 | Ryan Quinn | 11 | Willmar |
| 15.64 | Ross Lange | 12 | Sartell |
| 15.4 | Bennett Drenth | 12 | Albert Lea |
| 15.64 | Keith Diekmann | 12 | Fairmont |
| 15.4 | Seth Urbanski | 12 | Cretin-Derham Hall |
| 15.66 | David Smith | 12 | Norwood-Young America |
| 15.67 | Eric Refsland | 11 | Willmar |
| 15.69 | Jaye Schmoll | 11 | Triton |
| 15.70 | John Dargis | 12 | Robbinsdale Armstrong |
| 15.70 | Rusty Reetz | 11 | Forest Lake |
| 15.71 | Eric Barta | 12 | Greenway |
| 15.71 | James Kent | 10 | Apple Valley |
| 15.5 | Trent Stanton | 10 | Blue Earth Area |
| 15.5 | Kody Moore | 12 | Dilworth-Glyndon-Felton |
| 15.5 | Galen Bly | 12 | Waubun |
| 15.5 | Jim Seleski | 11 | Hastings |
| 15.5 | Mike O'Keefe | 10 | Saint Thomas Academy |
| 15.5 | Kevin Duce | 12 | Simley |
| 15.75 | Pat Steckelberg | 12 | Owatonna |
| 15.77 | Steve Kupcho | 11 | White Bear Lake |
| 15.82 | Chris Adams | 12 | Mounds View |
| 15.6 | Andy Goblirsch | 12 | BOLD |
| 15.6 | Skip Roepke | 11 | Clearbrook-Gonvick |
| 15.6 | Ryan Schutz | 10 | Park |
| 15.85 | Louis Murphy | 12 | Chisago Lakes |
| 15.85 | Kyle Sykes | 12 | North Branch |
| 15.87 | Jeremy Lybeck | 12 | Mille Lacs |
| 15.88 | Kwame Djaoo | 11 | Park Center |
| 15.92 | Mike Luedtke | 11 | Alexandria |
| 15.93 | Chris Gerlach | 12 | White Bear Lake |
| 15.93 | Rick Rose | 11 | Eden Prairie |

300 METER HURDLES

1995 LEADERS

| | | | |
|-------|---------------------|----|---------------------------|
| 38.75 | Craig Fredrickson | 11 | Detroit Lakes |
| 39.31 | Tony Asay | 12 | Hutchinson |
| 39.40 | Jamie Kunstleben | 11 | Holdingsford |
| 39.46 | Chris Adams | 12 | Mounds View |
| 39.49 | Ryan Finke | 11 | Rochester Mayo |
| 39.49 | Joe Kaczor | 12 | Grand Rapids |
| 39.3 | Chris Huntley | 12 | Stillwater |
| 39.55 | Mike Pooler | 12 | Sauk Centre |
| 39.59 | Mark Warder | 12 | Burnsville |
| 39.68 | Sam Rico | 12 | Marshall County South |
| 39.71 | Adam DeCook | 11 | Byron |
| 39.74 | Adam Kress | 11 | Roseville Area |
| 39.5 | Sean Neubauer | 12 | Sleepy Eye/Saint Mary's |
| 39.86 | Brian Johnson | 12 | Montevideo |
| 39.94 | Jay McCall | 12 | Apple Valley |
| 39.97 | Russ Barclay | 12 | Apple Valley |
| 40.01 | Zac Hinz | 11 | Farmington |
| 40.10 | Jim Seleski | 11 | Hastings |
| 40.14 | Will Gibson | 11 | Winona Cotter |
| 40.20 | Scott Hentges | 12 | Forest Lake |
| 40.20 | Mark Jacobson | 11 | Park Rapids Area |
| 40.24 | Andy Sieffert | 12 | Buffalo |
| 40.27 | Adam Leibman | 10 | Minnetonka |
| 40.30 | Bill Daly | 12 | Albert Lea |
| 40.32 | Joe Dusbabek | 11 | Minnetonka |
| 40.34 | Steve Porcaro | 12 | Wayzata |
| 40.36 | Chris Lehman | 11 | Esko |
| 40.42 | Matt Steele | 10 | Eden Prairie |
| 40.45 | Skip Roepke | 11 | Clearbrook-Gonvick |
| 40.49 | Nate Nagel | 12 | Stewartville |
| 40.3 | Mike Warner | 11 | Roseville Area |
| 40.59 | Steve Kupcho | 11 | White Bear Lake |
| 40.60 | Jeremy Pumper | 12 | Shakopee |
| 40.60 | Mike Christopherson | 12 | Glencoe-Silver Lake |
| 40.62 | Kevin Paulus | 11 | Academy of Holy Angels |
| 40.63 | Paul Mathiason | 12 | Westbrk-Walnut Grove/RRC |
| 40.5 | Brad Piermantier | 11 | Park |
| 40.5 | James Lesure | 12 | Saint Paul Como Park |
| 40.84 | Aaron Bahn | 11 | Coon Rapids |
| 40.84 | Nick Dille | 11 | Litchfield |
| 40.85 | Steve Grove | 11 | Northfield |
| 40.88 | Sheldon Johnson | 12 | Minnesota Valley Lutheran |
| 40.7 | Basil Havens | 12 | Minnetonka |
| 40.7 | David Smith | 12 | Norwood-Young America |
| 40.96 | Rusty Reetz | 11 | Forest Lake |
| 40.8 | Tamonza Taylor | 10 | Saint Paul Harding |
| 41.11 | Ryan Crowley | 11 | Fulda |
| 40.9 | Nate Hedtke | 11 | Duluth East |
| 40.9 | Jeff Eckstein | 11 | Gibbon-Fairfax-Winthrop |
| 40.9 | Kody Moore | 12 | Dilworth-Glyndon-Felton |
| 41.20 | Nate Robertson | 11 | Anoka |
| 41.0 | Erik Kelly | 10 | Staples-Motley |
| 41.0 | Jerry Sisk | 11 | Wayzata |
| 41.27 | Ryan Bromenschenkel | 12 | Fridley |
| 41.27 | Jeremy Geisel | 11 | Sauk Rapids |
| 41.1 | Aaron Vinnig | 12 | Pierz |
| 41.37 | Beau Johnson | 11 | Chisholm |
| 41.38 | Jeff Gilchrist | 12 | Tartan |
| 41.2 | Kevin Duce | 12 | Simley |
| 41.2 | Scott Hartness | 12 | Forest Lake |
| 41.2 | Galen Bly | 12 | Waubun |
| 41.3 | Eric Refsland | 11 | Willmar |
| 41.54 | Eric Bartlett | 12 | International Falls |
| 41.55 | Rick Rose | 11 | Eden Prairie |
| 41.59 | Nick Woog | 10 | Rosemount |
| 41.60 | Duane Hjelt | 12 | Bloomington Jefferson |
| 41.4 | Mike O'Keefe | 10 | Saint Thomas Academy |
| 41.65 | Louis Murphy | 12 | Chisago Lakes |
| 41.65 | Ryan McKibbon | 11 | Proctor |
| 41.65 | Aaron Meyer | 9 | Stewartville |

4 x 100 METER RELAY**1995 LEADERS**

| | |
|-------|----------------------------|
| 43.00 | Wayzata |
| 43.06 | Coon Rapids |
| 43.17 | Redwood Valley |
| 43.45 | Lakeville |
| 43.50 | Bloomington Jefferson |
| 43.52 | Moorhead |
| 43.57 | Apple Valley |
| 43.61 | Marshall County South |
| 43.63 | Detroit Lakes |
| 43.67 | Minnetonka |
| 43.73 | Pine Island |
| 43.77 | Woodbury |
| 43.82 | Jackson |
| 43.82 | Anoka |
| 43.83 | Saint Paul Como Park |
| 43.83 | Robbinsdale Armstrong |
| 43.88 | Tartan |
| 43.90 | Saint Paul Central |
| 43.93 | Champlin Park |
| 43.93 | White Bear Lake |
| 43.7 | Stillwater |
| 44.04 | Chatfield |
| 44.04 | Hermantown |
| 44.14 | Saint Cloud Cathedral |
| 44.21 | Minneapolis Washburn |
| 44.21 | Eden Prairie |
| 44.24 | Concordia Academy |
| 44.0 | Clearbrook-Gonvick |
| 44.29 | Academy of the Holy Angels |
| 44.36 | Rosemount |
| 44.39 | Shakopee |
| 44.42 | Red Wing |
| 44.43 | Faribault |
| 44.2 | Minnesota Valley Lutheran |
| 44.45 | Waseca |
| 44.45 | Brainerd |
| 44.49 | Richfield |
| 44.49 | Saint Cloud Apollo |
| 44.55 | Forest Lake |
| 44.69 | Sartell |
| 44.62 | Monticello |
| 44.64 | Mounds View |
| 44.5 | Cretin-Derham Hall |
| 44.75 | Little Falls |
| 44.77 | Hawley/Ulen-Hitterdal |
| 44.78 | Rochester John Marshall |
| 44.79 | Brooklyn Center |
| 44.83 | Duluth East |
| 44.6 | Roseville Area |
| 44.86 | Winona |
| 44.88 | Winona Cotter |
| 44.7 | Agassiz Valley |
| 44.96 | Rochester Mayo |
| 45.02 | Cambridge |
| 44.8 | Fairmont |
| 44.8 | Grand Rapids |
| 45.11 | Saint Cloud Tech |
| 44.9 | Hutchinson |
| 44.9 | Minneapolis South |
| 44.9 | Burnsville |
| 45.22 | Ely |
| 45.24 | Mankato East |
| 45.0 | Willmar |
| 45.0 | Hastings |
| 45.0 | Saint Paul Harding |
| 45.0 | Simley |
| 45.24 | Sauk Rapids |
| 45.30 | Aitkin |
| 45.36 | Blaine |
| 45.43 | North Branch |

4 x 400 METER RELAY**1995 LEADERS**

| | |
|---------|-----------------------------------|
| 3:22.8 | Minnetonka |
| 3:23.59 | Bloomington Jefferson |
| 3:23.59 | Burnsville |
| 3:24.74 | Stillwater |
| 3:24.84 | Anoka |
| 3:25.83 | Stewartville |
| 3:26.11 | Fridley |
| 3:26.47 | Apple Valley |
| 3:26.49 | Eagan |
| 3:26.76 | Lake City |
| 3:27.09 | Winona |
| 3:27.19 | Roseville Area |
| 3:27.22 | Wayzata |
| 3:27.77 | Richfield |
| 3:27.79 | New London-Spicer |
| 3:27.81 | Hermantown |
| 3:27.85 | Agassiz Valley |
| 3:27.96 | Lakeville |
| 3:28.02 | Saint Cloud Tech |
| 3:28.05 | Sauk Rapids |
| 3:28.14 | Chatfield |
| 3:28.52 | Blue Earth Area |
| 3:28.59 | Robbinsdale Armstrong |
| 3:28.95 | Saint Paul Academy & Summit St |
| 3:28.9 | Willmar |
| 3:29.24 | Hopkins |
| 3:29.42 | Deer River |
| 3:29.55 | Annandale |
| 3:29.75 | Edina |
| 3:29.78 | Austin |
| 3:29.81 | Park Rapids Area |
| 3:30.0 | Mankato East |
| 3:30.31 | Irondale |
| 3:30.32 | Chokio-Alberta/Clinton-Graceville |
| 3:30.1 | Mankato Loyola |
| 3:30.49 | Monticello |
| 3:30.62 | Saint Francis |
| 3:30.4 | Fairmont |
| 3:30.4 | Brainerd |
| 3:30.68 | Tartan |
| 3:30.76 | Rockford |
| 3:30.78 | Moorhead |
| 3:30.95 | Westbrook-Walnut Grove/Red Rock |
| 3:31.02 | Shakopee |
| 3:31.28 | Grand Rapids |
| 3:31.35 | North Branch |
| 3:31.48 | Fulda |
| 3:31.3 | Clearbrook-Gonvick |
| 3:31.77 | Coon Rapids |
| 3:31.6 | Saint Peter |
| 3:32.18 | North Saint Paul |
| 3:32.21 | Spring Lake Park/Saint Anthony |
| 3:32.23 | Red Wing |
| 3:32.1 | Farmington |
| 3:32.47 | Mounds View |
| 3:32.61 | Duluth East |
| 3:32.76 | Faribault |
| 3:32.76 | Sartell |
| 3:32.76 | Forest Lake |
| 3:32.83 | Pipestone-Jasper |
| 3:32.96 | |
| 3:33.03 | Henry Sibley |
| 3:33.06 | Rochester Mayo |
| 3:33.08 | Alexandria |
| 3:33.18 | Eden Prairie |
| 3:33.0 | Sibley East |
| 3:33.25 | Murray County Central |
| 3:33.32 | Saint Cloud Cathedral |
| 3:33.45 | Rosemount |
| 3:33.46 | Holdingsford |
| 3:33.60 | Ely |

SPRINT MEDLEY RELAY**1995 LEADERS**

| | |
|---------|------------------------------|
| 3:31.19 | Stewartville |
| 3:33.33 | Forest Lake |
| 3:34.06 | Burnsville |
| 3:34.27 | Robbinsdale Armstrong |
| 3:35.82 | Minnetonka |
| 3:36.20 | Apple Valley |
| 3:36.55 | Bloomington Jefferson |
| 3:36.57 | Duluth East |
| 3:37.03 | Tartan |
| 3:37.07 | Faribault |
| 3:37.1 | Stillwater |
| 3:37.77 | Saint Cloud Apollo |
| 3:38.06 | Park |
| 3:38.77 | Park Rapids Area |
| 3:38.80 | Mankato West |
| 3:38.90 | Moorhead |
| 3:38.92 | Shakopee |
| 3:39.41 | Irondale |
| 3:39.50 | Edina |
| 3:39.52 | Ely |
| 3:39.73 | Rockford |
| 3:39.78 | Wayzata |
| 3:39.95 | Lakeville |
| 3:39.96 | Austin |
| 3:40.03 | Duluth Marshall |
| 3:40.07 | White Bear Lake |
| 3:40.64 | Stephen |
| 3:41.25 | Mankato East |
| 3:41.38 | Foley |
| 3:41.39 | Mounds View |
| 3:41.4 | Blue Earth Area |
| 3:41.72 | Saint Paul Academy & Sum |
| 3:41.6 | Eagan |
| 3:41.89 | Chatfield |
| 3:41.94 | Hutchinson |
| 3:42.16 | Minneapolis Southwest |
| 3:42.35 | Roseville Area |
| 3:42.2 | Lake City |
| 3:42.49 | Pipestone-Jasper |
| 3:42.54 | Buffalo |
| 3:42.61 | Fillmore Central/Lanesboro |
| 3:42.79 | Sartell |
| 3:42.89 | Sauk Centre |
| 3:42.7 | Martin County West |
| 3:42.7 | Mounds Park Academy |
| 3:43.0 | Woodbury |
| 3:43.25 | Saint Michael-Albertville |
| 3:43.1 | Pequot Lakes |
| 3:43.3 | Waseca |
| 3:44.03 | Spring Lake Park/Saint Antho |
| 3:43.9 | Brainerd |
| 3:43.9 | Hawley/Ulen-Hitterdal |
| 3:44.1 | Lewiston-Altura |
| 3:44.1 | Fairmont |
| 3:44.37 | Red Wing |
| 3:44.41 | East Grand Forks |
| 3:44.57 | Brooklyn Center |
| 3:44.66 | Duluth Denfeld |
| 3:44.5 | Albert Lea |
| 3:44.6 | Crookston |
| 3:44.6 | Sauk Rapids |
| 3:44.85 | Albany |
| 3:44.86 | Delano |
| 3:44.7 | Henry Sibley |
| 3:45.02 | Dover-Eyota/Saint Charles |
| 3:45.14 | Northfield |
| 3:45.16 | Fulda |
| 3:45.43 | Eden Prairie |
| 3:45.2 | Anoka |
| 3:45.7 | Kenyon-Wanamingo |

LONG JUMP

1995 LEADERS

| | | | |
|----------|--------------------|------|------------------------------|
| 23-5 | Jason Green | 12 | Minneapolis Washburn |
| 22-3.5 | Steve Lynch | 11 | White Bear Lake |
| 22-3 | Matt Skulborstad | 12 | Rosemount |
| 22-3 | Marcus Westberry | 12 | Minneapolis Washburn |
| 22-2.25 | Brant Grimes | 12 | Bloomington Jefferson |
| 22-2 | Mike Walters | 12 | Mille Lacs |
| 22-0.5 | Bob Thornton | 12 | Duluth Denfeld |
| 21-11.25 | Tony Asay | 12 | Hutchinson |
| 21-10.75 | Arick Scepurek | 12 | Little Falls |
| 21-10.5 | Joey Gleason | 12 | Minnesota Valley Lutheran |
| 21-10 | Kyle Johnson | 12 | Coon Rapids |
| 21-9.25 | Kee Lockhart | 9 | Breck |
| 21-9 | Mike McManus | 12 | Cretin-Derham Hall |
| 21-8.25 | Shane Swanberg | 12 | Chisago Lakes |
| 21-7.75 | Matt Pitz | 11 | Ogilvie |
| 21-7.5 | Tom Hipkins | 12 | Forest Lake |
| 21-7.5 | Troy Lindner | 12 | Brainerd |
| 21-7 | Chris Walz | 12 | Waterville-Elysian-Morristwn |
| 21-7 | La-lead Soundara | 12 | Pipestone-Jasper |
| 21-7 | Dean Nyberg | 11 | Cromwell |
| 21-6.5 | Santiago Paradela | 12 | Saint John's Prep |
| 21-6 | Tony Schmitt | 12 | Shakopee |
| 21-5.75 | Justin Allen | 12 | Mound-Westonka |
| 21-5.5 | Andy Osterdyk | 11 | Mille Lacs |
| 21-5 | Ryan Schutz | 10 | Park |
| 21-5 | Jarrold Finseth | 12 | WIN-E-MAC |
| 21-4.5 | Tony Cudo | 12 | Rosemount |
| 21-4.5 | Chip Malmstrom | 12 | Mahtomedi |
| 21-4.5 | Dax Szegda | 12 | Fridley |
| 21-4.5 | Cory Woodland | 11 | Bemidji |
| 21-4 | Jake Brown | 12 | Grand Rapids |
| 21-4 | Tom Braun | 10 | Fulda |
| 21-3.5 | Kyle Steffen | 11 | Elgin-Millville |
| 21-3.5 | Nate Nagel | 12 | Stewartville |
| 21-3 | Keenan Harmon | 11 | Edina |
| 21-2.5 | Dave Phalak | 11 | Worthington |
| 21-2.5 | Leroy Mosby | 12 | Robbinsdale Cooper |
| 21-2.5 | Aaron Natwick | 12 | Norman County East |
| 21-2 | Eric Bishop | 12 | Rochester Mayo |
| 21-2 | Ben Belisle | 12 | White Bear Lake |
| 21-2 | Adam Leibman | 10 | Minnetonka |
| 21-2 | Will Gibson | 11 | Winona Cotter |
| 21-2 | Brian Berntsen | 12 | Hermantown |
| 21-2 | Khoun Thammalangsy | 11 | Lakeville |
| 21-1.5 | Phil Isika | 12 | Champlin Park |
| 21-1.5 | Casey Gregg | 12 | Hibbing |
| 21-1.25 | Ben Marshall | 12 | Bloomington Jefferson |
| 21-0.5 | Nate Schmitt | 11 | Lakeville |
| 21-0.5 | Jeremy Boman | 12 | Marshall County South |
| 21-0 | Matt McAlpine | 9/10 | Elk River |
| 21-0 | Sam Lindeman | 12 | Park Rapids Area |
| 20-11.5 | Brad Arel | 10 | Bemidji |
| 20-11.5 | Ryan Mahoney | 12 | Sauk Rapids |
| 20-11.5 | Jon Kelser | 12 | Mayer Lutheran |
| 20-11.25 | Troy Stresemann | 12 | Comfrey/Springfield |
| 20-11 | Todd Veroeven | 11 | Mankato East |
| 20-11 | Wade Lewandowski | 11 | Detroit Lakes |
| 20-10.5 | Brandon Boeck | 12 | Westbrk-Walnut Grove/RRC |
| 20-10.25 | Kevin Campbell | 10 | Minnetonka |
| 20-10 | Jeff Schmidt | 11 | Blaine |
| 20-10 | Matt Callister | 11 | Cannon Falls |
| 20-10 | Mike Timm | 11 | Granite Falls-Clarkfield |
| 20-9.75 | Andy Titus | 12 | Jackson |
| 20-9.5 | Cam Stottler | 11 | Forest Lake |
| 20-9 | Garrett Ganske | 12 | Mounds View |
| 20-9 | Joe Ciminski | 12 | Royalton |
| 20-9 | Josh Gravley | 12 | Russell-Tyler-Ruthton |
| 20-8.25 | Jesse Graupmann | 11 | Norwood-Young America |
| 20-8 | Matt Coulsey | 12 | Faribault |
| 20-8 | Pete Landherr | 12 | Owatonna |
| 20-8 | Jeremy Nelson | 12 | Chatfield |
| 20-8 | Marcus Brown | 9 | Roosevelt |

TRIPLE JUMP

1995 LEADERS

| | | | |
|----------|-------------------|----|----------------------------|
| 47-5.25 | Marcus Westberry | 12 | Minneapolis Washburn |
| 45-8.25 | Troy Lindner | 12 | Brainerd |
| 45-6 | Jim Mattson | 12 | Pine Island |
| 45-4.5 | Seth Anderson | 11 | Mounds View |
| 45-3.75 | Tony Schmitt | 12 | Shakopee |
| 44-11.25 | Tony Asay | 12 | Hutchinson |
| 44-11 | Cory Woodland | 11 | Bemidji |
| 44-9.5 | Arick Scepurek | 12 | Little Falls |
| 44-5.5 | Jason Green | 12 | Minneapolis Washburn |
| 44-3 | Tom Ngo | 12 | Stillwater |
| 44-1 | Brian Schletty | 11 | Cretin-Derham Hall |
| 43-11.5 | Jamie Kunstleben | 11 | Holdingford |
| 43-11.25 | Jarrold Finseth | 12 | WIN-E-MAC |
| 43-11 | Mike Walters | 12 | Mille Lacs |
| 43-10.5 | Dax Szegda | 12 | Fridley |
| 43-10 | Kyle Johnson | 12 | Coon Rapids |
| 43-10 | Jake Brown | 12 | Grand Rapids |
| 43-9.25 | Shane Swanberg | 12 | Chisago Lakes |
| 43-8.25 | Troy Stresemann | 12 | Comfrey/Springfield |
| 43-7.25 | Leroy Mosby | 12 | Robbinsdale Cooper |
| 43-7 | Josh Green | 11 | Saint Cloud Cathedral |
| 43-6 | Adam Leibman | 10 | Minnetonka |
| 43-4 | Phil Isika | 12 | Champlin Park |
| 43-3.5 | Chad Goebel | 11 | Albany |
| 43-3.5 | Dean Nyberg | 11 | Cromwell |
| 43-3.5 | Marshall Sheppard | 11 | Rochester Mayo |
| 43-3 | Dom Mikac | 12 | North Branch |
| 43-1.5 | Jeremy Boman | 12 | Marshall County South |
| 43-1.5 | Kingston Kollman | 9 | Mounds View |
| 43-0.5 | Andy Titus | 12 | Jackson |
| 42-11.5 | Brian Berntsen | 12 | Hermantown |
| 42-11 | Joel Plocher | 12 | Minnesota Valley Lutheran |
| 42-11 | Niddish Khondowe | 11 | Mounds View |
| 42-9.75 | Jason Schmidt | 12 | Centennial |
| 42-9.25 | Ryan Manion | 11 | Stewartville |
| 42-9 | Andy Edelbach | 12 | Atwater-Cosmos-Grve City |
| 42-8 | Nate Nagel | 12 | Stewartville |
| 42-7.25 | Kenyatta Bolden | 12 | Bloomington Jefferson |
| 42-7 | David Smith | 12 | Norwood-Young America |
| 42-7 | Casey Gregg | 12 | Hibbing |
| 42-6.25 | Ryan Erdman | 12 | Minnewaska Area |
| 42-6 | Lashay Whittaker | 12 | Minneapolis De La Salle |
| 42-5.75 | Kyle Steffen | 11 | Elgin-Millville |
| 42-4.75 | Mark Peterson | 12 | Fillmore Central/Lanesboro |
| 42-4.5 | Tom Hipkins | 12 | Forest Lake |
| 42-4 | Erik Werner | 11 | Irondale |
| 42-3.75 | Tony Cudo | 12 | Rosemount |
| 42-3 | Steve Kupcho | 11 | White Bear Lake |
| 42-2.25 | Josh Salic | 10 | Rochester John Marshall |
| 42-2.25 | Dana Cheam | 11 | Eden Prairie |
| 42-2.25 | Mike Luedtke | 11 | Alexandria |
| 42-2 | Mike Kadlec | 11 | Minneapolis South |
| 42-2 | Louis Murphy | 12 | Chisago Lakes |
| 42-2 | Mike Carlson | 12 | Brainerd |
| 42-1.5 | Jesse Tabolich | 12 | Aitkin |
| 42-1 | Ryan Olesiak | 11 | Cromwell |
| 42-0.5 | Reagan Weiiby | 12 | Hutchinson |
| 42-0 | Jeremy Boyum | 11 | Rushford-Petersn/Houston |
| 41-11.75 | Cory Kludt | 11 | Alexandria |
| 41-11.5 | Ken Ward | 12 | Bloomington Jefferson |
| 41-10.75 | Kris Roessler | 12 | Monticello |
| 41-10.5 | Michael Buys | 12 | SW Minnesota Christian |
| 41-10.5 | Aaron Natwick | 12 | Norman County East |
| 41-10 | Jon Rouse | 12 | BOLD |
| 41-10 | Lucas Tencate | 11 | Ogilvie |
| 41-10 | Wade Lewandowski | 11 | Detroit Lakes |
| 41-9.5 | Faron Kuehn | 11 | Tartan |
| 41-9.5 | Michael Hsu | 11 | Wayzata |
| 41-9.5 | Kinte Kellogg | 11 | Robbinsdale Cooper |
| 41-9 | A.J. Moore | 12 | Rochester John Marshall |
| 41-9 | Santiago Paradela | 12 | Saint John's Prep |

HIGH JUMP

1995 LEADERS

| | | | |
|---------|----------------------------|----|--------------------------------|
| 6-10.75 | Marcus Westberry | 12 | Minneapolis Washburn |
| 6-9 | Craig Fredrickson | 11 | Detroit Lakes |
| 6-8 | Troy Shoberg | 12 | Forest Lake |
| 6-8 | Brian Czech | 12 | Royalton |
| 6-7 | Matt Schroeder | 11 | Grand Rapids |
| 6-7 | Jeff Milkovich | 12 | Hibbing |
| 6-6.5 | Jobi Colwell | 10 | Ellsworth |
| 6-6 | David Bauer | 10 | Hastings |
| 6-6 | Michael Adeshina | 11 | Saint Paul Johnson |
| 6-6 | Aaron Larson | 12 | Centennial |
| 6-6 | Kyle Johnson | 12 | Coon Rapids |
| 6-6 | Brent Holte | 12 | Grand Rapids |
| 6-5 | Steve Baker | 11 | Buffalo |
| 6-5 | Matt England | 10 | Princeton |
| 6-5 | Jeff Paulsen | 10 | Pipestone-Jasper |
| 6-5 | Mike Walters | 12 | Mille Lacs |
| 6-5 | Andy Abramson | 12 | Crosby-Ironton |
| 6-5 | Brian Berntsen | 12 | Hermantown |
| 6-4.5 | Sam Lindeman | 12 | Park Rapids Area |
| 6-4 | Phil Gardner | 11 | Lakeville |
| 6-4 | Eric Bishop | 12 | Rochester Mayo |
| 6-4 | Mike McManus | 12 | Cretin-Derham Hall |
| 6-4 | Chris Vickers | 11 | Simley |
| 6-4 | Jeff Schmidt | 11 | Blaine |
| 6-4 | Andy Kasun | 10 | Stillwater |
| 6-4 | Matt Ruth | 11 | Apple Valley |
| 6-4 | Brian Rehnke | 11 | Bloomington Kennedy |
| 6-4 | Pedja Bjelogrić | 11 | Wayzata |
| 6-4 | Kris Long | 12 | Cambridge |
| 6-4 | Mark Oswald | 11 | Forest Lake |
| 6-4 | Steve Sneide | 12 | Proctor |
| 6-4 | Matt Janssen | 10 | Brainerd |
| 6-4 | Ryan Swanson | 11 | Thief River Falls/Goodridge |
| 6-4 | Ryan Good | 10 | Dover-Eyota/Saint Charles |
| 6-4 | Joel Plocher | 12 | Minnesota Valley Lutheran |
| 6-4 | Brian Boe | 11 | Ellsworth |
| 6-4 | Troy Haar | 11 | Heron Lk-Okabena-Lakefield |
| 6-4 | Luke Pfeifer | 11 | Frazee |
| 6-3.75 | Tony Asay | 12 | Hutchinson |
| 6-3.25 | Peter Lehnartz | 11 | Wabasha-Kellogg |
| 6-3 | Ryan Schutz | 10 | Park |
| 6-3 | Tom Bauer | 11 | Champlin Park |
| 6-3 | Stew Taylor | 11 | Mahtomedi |
| 6-3 | Adam Runk | 10 | Stillwater |
| 6-3 | Adam McCabe | 12 | Fillmore Central/Lanesboro |
| 6-3 | Jeremy Mohs | 9 | Plainview |
| 6-3 | Adam Vanoot | 12 | Fulda |
| 6-3 | Mike Trisco | 11 | Becker |
| 6-3 | Brian Johnson | 12 | Swanville/Upsalla |
| 6-3 | Brian Granholm | 11 | Cromwell |
| 6-3 | Jeremy Boman | 12 | Marshall County South |
| 6-2.25 | Kyle Peterman | 12 | Lewiston-Altura |
| 6-2 | Tim Hamer 12 Lakeville | | Josh Salic 10 Rochester JM |
| | Jason Crain 12 Orr | | Thad Larson 12 Fairmont |
| | Tyler Lenort 11 Fairmont | | Aaron Traver 11 Fairmont |
| | Kris Collins 10 Alexandria | | Louis Garrett 11 Brooklyn Ctr |
| | Keenan Harmon 11 Edina | | Cole Peterson 12 Mank East |
| | Ben Werder 10 Willmar | | Demetrius Scott 10 Armstrong |
| | Kuiper - Lake Benton | | Garrett Ganske 12 Mounds View |
| | Mike Elling 12 Waconia | | Ryan Mahoney 12 Sauk Rapids |
| | Lucas Tencate 11 Ogilvie | | Andrew Wallmeyer 10 Stillwater |
| | Carl Aho 11 Dassel-Cokato | | Scott Alsleben 11 Park Center |
| | Ryan Mohr 12 Sartell | | Jeff Bentley 11 Hawley/Ulen-H |
| | Cory Holte 12 Minnewaska | | Cory Schmidgall 11 Morris Area |
| | Jesse Miller 12 Deer River | | Lucas/Mike May 10/9 Crosby-I |
| | Brian Glad 11 Intl Falls | | |

POLE VAULT

1995 LEADERS

| | | | |
|---------|----------------------------|----|------------------------------|
| 14-10 | Chip Malmstrom | 12 | Mahtomedi |
| 14-9 | Mike Brockwell | 11 | Edina |
| 14-7 | Andy Stark | 12 | Apple Valley |
| 14-6 | B.J. Jones | 12 | Plainview |
| 14-6 | Chris Chandler | 12 | Crookston |
| 14-6 | Andy Eggerth | 12 | Spring Lake Park/St Anthony |
| 14-4 | Khoun Thammalangsy | 11 | Lakeville |
| 14-3 | Matt Wallace | 12 | Crookston |
| 14-3 | Jim Indahl | 12 | International Falls |
| 14-3 | Nate Villnow | 12 | Willmar |
| 14-1 | Shawn Miller | 11 | Cambridge |
| 14-0 | Dan Sturges | 12 | Hutchinson |
| 14-0 | Leroy Mosby | 12 | Robbinsdale Cooper |
| 14-0 | Dan Shroyer | 11 | Grand Rapids |
| 13-9 | Jace Porter | 12 | Mesabi East |
| 13-9 | Cory Grenier | 11 | Willmar |
| 13-9 | Jason Schmidt | 12 | Centennial |
| 13-9 | John Karpe | 12 | Coon Rapids |
| 13-8 | Uriah Houg | 12 | Waconia |
| 13-8 | Jed Bergstrom | 10 | Buffalo |
| 13-8 | Jamie Lindfors | 12 | Robbinsdale Cooper |
| 13-7.5 | Chad Willard | 12 | Tracy-Milroy/Balaton |
| 13-6 | Jay Hatteli | 11 | Fillmore Central/Lanesboro |
| 13-6 | Jeremy Herrmann | 12 | LeSueur-Henderson |
| 13-6 | Kyle Effinger | 12 | Brooklyn Center |
| 13-6 | Craig Sonnenberg | 12 | Perham |
| 13-6 | Pete Landherr | 12 | Owatonna |
| 13-6 | Kyle Denoma | 12 | Roseville Area |
| 13-6 | Neil Degnan | 12 | White Bear Lake |
| 13-6 | Greg Theuringer | 12 | Hopkins |
| 13-4.5 | Jason Lombard | 11 | Foley |
| 13-4.25 | Jackson Burns | 12 | Minnewaska Area |
| 13-4 | Adam Warner | 11 | Deer River |
| 13-4 | Doug Cabak | 12 | Richfield |
| 13-3 | Jesse Woyke | 11 | Annandale |
| 13-3 | Michael Riley | 12 | Saint Peter |
| 13-3 | Blake Jacobson | 12 | Buffalo |
| 13-1.5 | Peter Kedrowski | 10 | Sauk Rapids |
| 13-0 | Tilman Larson | 12 | Fillmore Central/Lanesboro |
| 13-0 | Jesse Lutz | 12 | Belle Plaine/Jordan |
| 13-0 | Wade Frisbie | 11 | Foley |
| 13-0 | Matt Nordstrom | 12 | Pelican Rapids |
| 13-0 | Joe Olson | 11 | Deer River |
| 13-0 | Russ Green | 12 | Roseville Area |
| 13-0 | Matt Podominick | 12 | White Bear Lake |
| 13-0 | Dave Joas | 11 | Eden Prairie |
| 13-0 | Michael Hsu | 11 | Wayzata |
| 13-0 | Shane Swanberg | 12 | Chisago Lakes |
| 13-0 | Joey Gonzales | 12 | North Branch |
| 13-0 | Robbie Betterman | 12 | Alexandria |
| 13-0 | Adam Estenson | 10 | Alexandria |
| 13-0 | Troy Erickson | 11 | Little Falls |
| 13-0 | Lance Bukowski | 12 | Sauk Rapids |
| 12-8.5 | Kevin Lindow | 12 | Stewartville |
| 12-8 | Waylon LaFrenz | 12 | Luverne |
| 12-8 | Tim Koupal | 10 | Anoka |
| 12-8 | Nick Tietz | 12 | Irondale |
| 12-8 | John Schneider | 11 | Mahtomedi |
| 12-8 | Aaron Nicholson | 12 | Forest Lake |
| 12-6 | Scott Cheslak 12 Esko | | Josh Egner 12 Stewartville |
| | Chris Lehman 11 Esko | | Joel Hovland 11 Heron Lk-O-L |
| | Taj Larson 11 Intl Falls | | Justin Struchen 12 Tracy-M/B |
| | Jacob Eide 12 Shakopee | | Jon Ross 12 Brooklyn Center |
| | Matt Stark 10 Apple Valley | | Bryan Malz 11 Mayer Lutheran |
| | Mike Ingebrand 11 Mora | | Bill Benolkin 11 Lakeville |
| | Troy Michels 9 Litchfield | | Marcus Tapiz 12 Monticello |
| | Ben Sieben 11 Melrose | | Matt Athmann 12 Shakopee |
| | John Peterson 11 Hopkins | | Brandon McGrath 10 Milaca |
| | Kerry Nelson 12 Alexandria | | Dion Johnson 12 Paynesville |
| | Kevin Werk 11 Morris | | Ryan Bromenschenkel 12 Frid |
| | Jake Rassier 12 SC Apollo | | Mike Richards 10 Wadena-DC |

SHOT PUT

1995 LEADERS

| | | | |
|----------|--------------------|----|----------------------------|
| 61-1.5 | Darwin Dumonceaux | 12 | Saint John's Prep |
| 58-2 | Justin Asher | 11 | Wayzata |
| 57-0.5 | T.J. DeBates | 12 | Stewartville |
| 56-9 | Tim Senjem | 11 | Hayfield |
| 55-3.75 | Ken Froemming | 12 | Alexandria |
| 53-2 | Kelly Kubernusz | 12 | Hutchinson |
| 53-1.5 | Brad Prigge | 12 | Zumbrota-Mazeppa |
| 53-0.5 | Ben Meyer | 11 | Pine Island |
| 52-8 | Aaron Frank | 12 | Blue Earth Area |
| 52-8 | Andy Agrimson | 11 | Stillwater |
| 52-6.5 | Jeff Dingman | 12 | Foley |
| 52-5 | Paul Bartlette | 12 | East Grand Forks |
| 52-4 | Anthony Johnson | 12 | Chaska |
| 52-1.5 | Eric McKibbon | 12 | Hibbing |
| 51-11.5 | Joe Hayes | 12 | Park |
| 51-10 | Jason Caskey | 12 | Pipestone-Jasper |
| 51-10 | Ben Sobieski | 10 | Mahtomedi |
| 51-9.75 | Rob Blemeyer | 11 | Forest Lake |
| 51-9.5 | Cory Prawdzik | 12 | Apple Valley |
| 51-7 | Brent Stiles | 11 | Lewiston-Altura |
| 51-6.75 | Erik Lundberg | 12 | Chisago Lakes |
| 51-6 | Nathan Bannick | 12 | Saint Peter |
| 51-6 | Erik Bolme | 12 | Grand Rapids |
| 51-4.75 | Mark Fahey | 11 | Forest Lake |
| 51-2.5 | Mike Mosey | 12 | Dilworth-Glyndon-Felton |
| 51-1 | Justin Staebler | 9 | Perham |
| 50-10.5 | Erik Holman | 12 | Fillmore Central/Lanesboro |
| 50-10.5 | Chad Nunemacher | 12 | La Crescent |
| 50-8.5 | Greg Collins | 12 | Mahtomedi |
| 50-8 | Jeff Casey | 12 | Cambridge |
| 50-7.25 | Jeremiah Googins | 12 | Winona |
| 50-6.75 | Luke Hegge | 12 | Wayzata |
| 50-6 | Nick Eisinger | 11 | Anoka |
| 50-5.5 | Wade Winter | 11 | Eagan |
| 50-4 | Justin Bridge | 12 | Eden Prairie |
| 50-0 | Bob Welch | 11 | Wabasso |
| 49-11.5 | Steve Reigstad | 12 | Benson/K-M-S |
| 49-11.5 | Andy Rollison | 11 | Saint Cloud Tech |
| 49-11.25 | Chad Johnson | 12 | International Falls |
| 49-11 | Ben Bauer | 11 | Faribault |
| 49-10.25 | Jay Eisenmenger | 12 | Maple River |
| 49-9 | Kris Hoffarth | 12 | Saint Paul Johnson |
| 49-7 | Ryan Harlander | 12 | Holdingford |
| 49-6.75 | Ben Baird | 12 | Kelliher/Northome |
| 49-6.75 | Steve Pederson | 12 | Duluth Denfeld |
| 49-6.25 | Jesse Brezinka | 10 | Pierz |
| 49-4.25 | Dan Whirley | 10 | Brainerd |
| 49-4.25 | Matt Woodford | 11 | Mayer Lutheran |
| 49-3.75 | Brian Munro | 12 | Eden Prairie |
| 49-3.5 | Rob Hansen | 12 | Wayzata |
| 49-2.5 | Chuck Van Nostrand | 12 | Northfield |
| 49-0 | Mark Reiland | 11 | Prior Lake |
| 48-11.5 | Aaron Johnson | 11 | Cloquet |
| 48-11.5 | John Prinzing | 10 | Stewartville |
| 48-11 | Billy Burnside | 11 | Hawley/Ulen-Hitterdal |
| 48-9.5 | Alex Hass | 12 | Saint Peter |
| 48-8.75 | Matt Larson | 11 | Mankato Loyola |
| 48-8.25 | Jake Bastien | 12 | Sartell |
| 48-8 | Thor Johnson | 12 | Bigfork |
| 48-8 | Wayne Kabrud | 12 | Rosemount |
| 48-6.5 | Jason Freitag | 12 | Annandale |
| 48-6 | Ben Brown | 12 | International Falls |
| 48-6 | Eric Fredrickson | 10 | Northfield |
| 48-6 | Spencer Anderson | 12 | Minnetonka |
| 48-5 | Jamie Carriere | 12 | Oklee-Plummer-Red Lk Falls |
| 48-4.5 | Derek Burns | 10 | Eden Prairie |
| 48-4 | Matt Windorski | 12 | Crosby-Ironton |
| 48-4 | Justin Ruesch | 12 | Worthington |
| 48-3.5 | Tony Polloway | 12 | Coon Rapids |
| 48-3.25 | Lonnie Hoffbeck | 12 | Lakeville |

DISCUS

1995 LEADERS

| | | | |
|--------|--------------------|----|----------------------------|
| 175-9 | Justin Asher | 11 | Wayzata |
| 166-10 | Matt Penttila | 12 | Forest Lake |
| 165-0 | Bob Welch | 11 | Wabasso |
| 162-8 | Steve Kimble | 12 | Sartell |
| 162-4 | Erik Bolme | 12 | Grand Rapids |
| 162-1 | Lonnie Hoffbeck | 12 | Lakeville |
| 162-0 | Dave Anderson | 12 | Dilworth-Glyndon-Felton |
| 161-4 | Brian Runningen | 12 | Fergus Falls |
| 159-10 | Jay Eisenmenger | 12 | Maple River |
| 156-9 | Anthony Johnson | 12 | Chaska |
| 154-10 | Kelly Kobernusz | 12 | Hutchinson |
| 153-5 | Travis Zins | 11 | Nicolett |
| 152-9 | John Fiedler | 12 | Saint Paul Como Park |
| 152-5 | Mike Mosey | 12 | Dilworth-Glyndon-Felton |
| 152-1 | Alex Barrett | 12 | Park Center |
| 151-11 | Jeremiah Googins | 12 | Winona |
| 151-10 | Ken Froemming | 12 | Alexandria |
| 151-2 | Chris Takase | 12 | Park |
| 151-1 | Curt Paurus | 12 | Frazee |
| 150-7 | Jeff Casey | 12 | Cambridge |
| 150-1 | Ben Sobieski | 10 | Mahtomedi |
| 149-9 | Nate Wambeke | 12 | Pillager |
| 149-9 | Mark Fahey | 11 | Forest Lake |
| 149-8 | Tim Paulson | 12 | Stewartville |
| 149-1 | Curtis Mundt | 11 | Lewiston-Altura |
| 148-9 | Nathan Holmes | 12 | Rochester John Marshall |
| 148-9 | Randy McLain | 12 | Saint Francis |
| 148-9 | Darwin Dumonceaux | 12 | Saint John's Prep |
| 148-8 | Andy Hooks | 11 | Brooklyn Center |
| 147-10 | John Schlecht | 11 | White Bear Lake |
| 147-1 | Brent Stiles | 11 | Lewiston-Altura |
| 147-0 | Tim Senjem | 11 | Hayfield |
| 147-0 | Ben Stottrup | 12 | Litchfield |
| 147-0 | Rick Wendt | 11 | Cretin-Derham Hall |
| 145-9 | Mike Elliot | 12 | Eagan |
| 145-8 | Nate Holmstadt | 12 | Monticello |
| 145-4 | Paul Janke | 12 | Montevideo |
| 145-0 | Cory Prawdzik | 12 | Apple Valley |
| 144-9 | Matt Johnson | 11 | Bloomington Jefferson |
| 144-8 | Nick Tetner | 11 | Bloomington Jefferson |
| 144-8 | Eric McKibbon | 12 | Hibbing |
| 144-7 | Travis Novak | 10 | Foley |
| 144-6 | Nick Eisinger | 11 | Anoka |
| 143-9 | Wade Winter | 11 | Eagan |
| 143-8 | Jamie Morford | 12 | Eden Valley-Watkins |
| 143-1 | Matt Windorski | 12 | Crosby-Ironton |
| 143-1 | Justin Wood | 11 | Detroit Lakes |
| 142-11 | Marty Costello | 12 | Royalton |
| 142-10 | Alex Hass | 12 | Saint Peter |
| 142-7 | Ben Bauer | 11 | Faribault |
| 142-4 | Matt Larson | 11 | Mankato Loyola |
| 142-3 | Thad Larson | 12 | Fairmont |
| 141-11 | Wayne Kabrud | 12 | Rosemount |
| 141-8 | Bob Zacher | 12 | Alexandria |
| 141-7 | Matt Woodford | 11 | Mayer Lutheran |
| 141-2 | Jake Slaughter | 12 | Belle Plaine/Jordan |
| 140-9 | Chris Jacobson | 11 | Chatfield |
| 140-8 | Chad Nunemacher | 12 | La Crescent |
| 140-8 | Andy Rollison | 11 | Saint Cloud Tech |
| 140-5 | Wade Lewandowski | 11 | Detroit Lakes |
| 140-3 | Andy Clem | 12 | Edina |
| 140-1 | Kris Hoffarth | 12 | Saint Paul Johnson |
| 140-1 | Chad Sieleni-Smith | 11 | Tartan |
| 140-1 | Paul Bartlette | 12 | East Grand Forks |
| 140-0 | Chad Johnson | 12 | International Falls |
| 139-11 | Corey Truebenbach | 11 | Shakopee |
| 139-11 | Jason Thompson | 10 | Centennial |
| 139-8 | Steve Reigstad | 12 | Benson/K-M-S |
| 139-8 | Paul Humbert | 12 | Academy of Holy Angels |
| 139-0 | Dan Duncan | 11 | Lincoln, Hendricks-Ivanhoe |