Ranger

Track and Field

2019 Season

![MCj02859960000[1]]()

**To be a Track and Field Ranger**

Forest Lake Boys Track and Field has a long-standing tradition of excellence, producing many State qualifying teams, Conference championships, Section championships, individual champions, and State record holders. The strength of the program centers around a group of dedicated and goal oriented athletes. To be successful in our program you must be willing to sacrifice, commit, dedicate, and challenge yourself to be the very best you can be.

**The Program**

Our program is a nine through twelve program. All athletes practice as a single unit within event groups and amongst ability levels. The competitive level of each meet may be ninth/tenth, junior varsity or varsity. Where the athlete competes is dependent upon the chronological, biological, and physiological ages; and of course ability level. There is a meet schedule for all three-competition levels. We do not guarantee the same number of meets or events for all athletes and on some occasion may move athletes from one competitive level to another.

**Purpose**

To provide a safe, supportive, and fun atmosphere for young athletes. Track and Field is a lifelong sport and we hope to foster long-term enjoyment in the sport. Our goal is to use track and field to teach life lessons about character and hard work by emphasizing being well-rounded young men.

**Relevant names, numbers, and information**

Forest Lake High School 6101 Scandia Trail, Forest Lake, MN 55025

Superintendent Steve Massey 982-8103

Principal Jim Caldwell 982-8401

Activities Director Michael Hennen 982-8411

Head Coach Andy Richardson 651-983-0721

District Office General 982-8100

School Web Site Dist. 831 Info www.flaschools.org

MSHSL State Athletic Info www.MSHSL.org

Meet Results Major Meets www.raceberryjam.com

**Awards and Lettering**

**Post-season Awards**

1. Most Improved Performer

2. Bill Streeter Most Dedicated Field Event Performer

3. Most Valuable Senior

4. Most Valuable Performer

5. John Lautigar Coaches Award (Dedication, determination, desire in track and field)

6. Academic Awards

**Letter Qualifying Policy**

In order to qualify for a varsity letter in Track and Field you must participate in the program for the entire season without violating the athletic contract, MSHSL rules, be a positive contributor on our team, and accomplish one of the following. This is for qualifying and by no means guarantees an athlete a letter should conduct violation occur.

1. Letter by standard

 110m HH 16.5

 300m IH 43.5

 100m 11.5

 200m 24.2

 400m 53.5

 800m 2:06

 1600m 4:44.5

 3200m 10:31.7

 Discus 132’ 6”

 Shot Put 45’ 0”

 Long Jump 19’ 6”

 Triple Jump 39’ 0”

 High Jump 5’ 10”

 Pole Vault 11’ 6”

2. Place in Conference Meet or MSHSL sponsored Section 7AA Meet.

3. Competing in State Meet (excludes True Team Meet).

4. Participation in three complete seasons.

5. Freshman and Sophomore Conference Meet Champion.

6. Notable commitment, dedication, teamwork, and passion in the sport of track and field. (Examples: attending clinics, coaching in youth program, community spokesperson, fund raising).

7. When an athlete violates the contract for track participation they forfeit their opportunity to earn any certificate, award or letter.

8. Coaches reserve the right to make final decisions concerning the earning of letter awards.

**Guidelines and Expectations**

**Practice**

=> At practice you will listen to and respect all coaches, care for all facilities and equipment, and respect your teammates.

=> Practice begins at 2:45 sharp unless otherwise noted (ex. Saturday practice) and will finish no later than 4:50. Morning practices may be scheduled to meet the needs of the team.

=> Regular practice is Monday through Saturday (9th graders are not obligated to attend Saturday practice).

=> To be eligible to participate in a practice, event, meet, or activity, the student must attend an entire school day. This excludes any school-approved activity. The student must have a school accepted excuse for periods missed.

=> **Communicate with event coach when missing a practice to complete your workout. Be responsible to get this done!**

=> Negative talk or actions, including harassment or hazing, will not be tolerated.

**While Traveling**

=> Obey bus rules. The only exception would be for food and drink on long trips. Remember to pick up any garbage around your seat before exiting the bus.

=> Never be on the bus without a coach’s consent.

=> The first four seats are for the coaching staff.

=> Be polite to the driver.

=> Arrive at bus no later than 10 minutes before departure. We will not wait!

=> Dress with class. School issued or representative clothing only. School colors only. See coaches with questions.

=> Plan ahead for the trip (remember spikes, implements, batons).

=> We will try to arrive at least 45 minutes before the first scheduled event, so plan accordingly and know the schedule.

=> Everyone goes to and from meet in school provided transportation. Any exceptions to this policy will need to be cleared through Coach Richardson.

=> We are not responsible for loss of personal belongings or valuables from the bus.

**At Meets**

=> Set up camp in open and sheltered area. Captains will determine this.

=> Clean up after yourself.

=> Respect your competitors, meet officials, and other coaches.

=> Stay at meet site at all times unless you have cleared it with a coach(ex. food run).

=> No footballs, hacky sacks, Frisbees, etc.

=> Prepare for each and every event both physically and mentally.

=> Learn your heat, land and time of race.

=> Know the rules of the meet and your event.

=> Focus on your goals, not girls.

=> Absolutely no public display of affection with girlfriends while on site of the meet.

=> Discipline yourself so others will not have to.

=> When not competing support your teammates.

=> **Dress for the weather. (no such thing as over dressing)**

**Guidelines and Expectations (continued)**

=> If you have a meet question: first try to solve it on your own, then ask a captain, and last ask the coach.

=> Performances in practice and meets will determine the future meet roster. Coach Richardson will make the final decision concerning varsity meets.

=> You may participate in up to 4 events in any meet. If competing in fewer than 4, you may be asked to fill an injury spot. **Ie. 4 by 4**

=> **Required to stay for the entire meet, if leaving early parents will sign you out. If you have to leave early more than 3 times that can result in losing your letter. \*We are there to support our teammates**

=> When receiving awards/medals/trophies you must wear school issued clothing or school represented colors or identification.

**Other Rules/Standards**

=> Curfew – Be responsible. Be home before 11:00 at the latest on school nights and meet nights. Proper rest aids in performance.

=> Training - Unless injured, you must complete 100% of your training session prescribed by your coaches including your strength training, **Failure to complete workouts can result in missed competitions.**

=> Competition - you will compete to the best of your abilities at all meets, with fairness, respect and good sportsmanship.

**Discipline Chart**

|  |  |  |
| --- | --- | --- |
| **Offense** | **First Time** | **Repeat** |
| **Tardy** | Informal conf. with Event Coach | Suspension from 1 meet |
| **Unexcused Absence** | Formal conference with Event Coach | Meeting w/ Head Coach more absences result in dismissal from team |
| **Defiance** | Formal conference with Head Coach | Suspension from 1 meet |
| **Conduct** | Informal conf. with Head Coach | Suspension from 1 meet |
| **Curfew** | Suspension from one meet | Dismissal from team |

*All other infractions will be dealt with by the Minnesota State High School League Bodies or Athletic Director*

*Including but not limited to:*

* *Tobacco/Vaping*
* *Performance enhancing drugs*
* *Alcohol and illegal drugs*
* *Theft*
* *Gambling*
* *Other crimes punishable by law*

**Nutrition and Body Maintenance**

**Body Maintenance and proper nutrition go hand in hand with track and field training, physical/mental development and injury prevention. It is vital that you understand your body’s basic developmental principles. You need to understand that a lack of body maintenance and nutrition can and will result in injury, poor performance, and fatigue. The following will help to aid you in your preparation and give you a guideline to follow.**

**Injury Procedures**

=> Report all injuries to your event coach.

=> Know the difference between pain/injury and soreness/fatigue.

=> Assist teammates with injuries occurring during practice or meet.

=> Own a good pair of running flats and spikes/event shoes. Many injuries begin with a lack of foot support.

=> Bring a doctor release/excuse for injury verification and documentation. This helps the coaches and athletic trainer in understanding and caring for the injury.

=> If you become injured at a meet or practice stay calm.

**Rest/Recovery**

=> Athletes need 8-9 hours of uninterrupted sleep each night.

=> Strength and training development occurs during the down time (recovery) not during the actual workout.

=> It is better to error on recovery than over training.

=> When your workout calls for recovery or a rest day make sure you comply.

=> Rest time is a great time to use for mental imagery of your event. In a relaxed state view yourself competing and develop strategy for competition.

=> Massage, cryo-therapy (ice), moist heat, and sleep are all excellent means of aiding in the recovery process.

=> See your event coach for techniques in aiding the recovery process in between events, heats, or attempts.

**Nutrition**

=> Remember: you must put high grade/octane fuel in high-powered machines.

=> Food acts in the body as fuel, providing energy and chemicals for movement, growth, and to keep the body healthy.

=> Typically you need 2500 calories of energy for basic requirements and an additional 500 calories per training session.

=> Balance your diet by eating smaller portions more times during the day.

=> Eat a lot of different kinds of foods.

=> Cut down on processed sugars, simple sugars can affect digestion and energy output, which can drain adrenal glands.

=> Drink no fewer than 8 glasses of water every day.

**Pre-competition Nutrition**

=> Energy levels in the body should be high before training and competition.

=> Eating too little before competition is better than too much.

=> Eat a small, easily digested meal, less than 500 calories, 2.5-3 hours before competing.

=> Restrict fats and proteins since they are slowly digested.

=> Drink small amounts of water often, before, during and after the competition.

**Fund Raising**

**Fund Raising**

=> Athletes are expected to assist in fund raising opportunities, everyone who participates will receive workout shirt/shorts.

=> Fund raising is viewed as a great team building activity.

=> All fund raising involves a time commitment more over than solicitation of funds.

=> All money is placed into a school track and field account and used for needed and necessary track items.

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**Uniforms and Supplies**

**Uniforms**

You will be held financially responsible for all lost, stolen, or damaged articles issued.

=> Do not wear school issued uniforms except to practice or meets, unless advised.

=> When you compete leave your sweats with a teammate or in a secure location.

=> Always lock your locker and do not share the combination with anyone.

=> Wash regularly in cold water with a gentle cleaner. Wash separately.

Replacement Cost (soft goods): Replacement Cost(implements):

Sweat pants................................$25 Shot Put...........................$65-$100

Sweat tops..................................$35 Discus..............................$75-$200

Nylon pullover...........................$50

Singlet........................................$15

Short...........................................$15

**Athlete Pre-meet Checklist**

1. Running Shoes 8. Plastic garbage bag for wet items

2. Spikes 9. Food, drink and/or money

3. Event shoes 10. Blanket

4. Extra pair of socks 11. Hat and gloves

5. Spike wrench 12. Meet uniform

6. Extra shirt/sweatshirt 13. Sweats

7. Implements, batons, etc.

**OUTDOOR SCHOOL RECORDS**

**OPEN EVENTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Athlete** | **Record** | **Year** |
| 100 M. Dash | Richard Carr | 10.75 | 2013 |
| 200 M. Dash | Bob Ewings | 21.65 | 1993 |
| 300 M. Dash | Mike Keis | 36.3 | 1983 |
| 400 M. Dash | Josh Nielsen | 49.07 | 2010 |
| 800 M. Dash | Mike Baker | 1:56.43 | 1999 |
| 1600 M. Run | JJ Weigel | 4:18.43 | 2010 |
| **3200 M. Run** | **Charlie Babcock** | **9:25.77** | **2018** |
| 110 M. High Hurdles | Cody Walton | 14.54 | 2013 |
| 300 M. Int. Hurdles | Cody Walton | 37.57 | 2013 |
| Long Jump | Cam Stottler | 22'10.25" | 1996 |
| High Jump | Troy Shoberg | 6'8" | 1995 |
| Triple Jump | Griffin Lentsch | 45'2.5" | 2009 |
| Shot Put | Tyler Kleinhuizen | 61'.75" | 2007 |
| Discus Throw | Paul Kendrick | 181'7" | 1979 |
| Mark Fahey | 181'7 | 1996 |
| Pole Vault | Tyler Colling | 14'9" | 2011 |

**Events No Longer Held**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Athlete** | **Record** | **Year** |
| Low Hurdles (Curve) | Lee Nelson | 20.8 | 1977 |
| Low Hurdles (Straight) | Scott Kohls | 20.6 | 1978 |
| 300 M Low Hurdles | Kevin Rector | 40.1 | 1983 |
| One Mile Steeplechase | Steve Baland | 5:18.1 | 1982 |
| 1.25 Mile Steeplechase | Mark Holl | 6:42.1 | 1975 |
| 1.33 Mile Steeplechase | Ray James | 5:07.7 | 1980 |
| Mini Marathon (7 Mi.) | Matt Moraczewski | 41.27.53 | 1980 |
| Javelin | Rob Schrom | 157'3" | 1980 |

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**RUNNING EVENT RELAYS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Relay Event** | **Athlete** | **Record** | **Year** |
| 4X100 M. Relay | Andrew Wright, Zach Freer, Patrick Murphy Richard Carr | 42.43 | 2013 |
| 4x200 M. Relay | Tommy Tyson, Rich Carr, Andrew Mansmith, Pat Moran | 1:29.35 | 2012 |
| Sprint Medley Relay | James McDonald, Troy Colberg, Pete Malek, Rich Forster | 3:33.2 | 1985 |
| 800 M. Sprint Medley Relay | Mike Nelson, Mark Rehbine, Bob Ewings, Steve Carr | 1:36.4 | 1993 |
| Distance Medley Relay | Eric Pierce, Phil Engen,Eric Schmeckpeper, Justin Rice | 11:05.3 | 1994 |
| 4x400 M. Relay | Steve Carr, Erik Brown,Mark Rehbine, Ryan Lundin | 3:23.01 | 1993 |
| 4x800 M. Relay | JJ Weigel, Andy Orth, Nate Moen, Zach Waldoch | 7:59.01 | 2009 |
| 2x1600 M. Relay | Jim L'Allier, Chris Stickel | 9:41.6 | 1984 |
| 4x1600 M. Relay | Tim Pratt, Jim Anderson, Joe McBain, Chris Stickel | 19:04.1 | 1983 |
| 4x3200 M Relay | Cory Ahlm, Justin Rice,Andy Elvester, Eric Pierce | 40:26.7 | 1995 |
| 4x165 M. Low Hurdle Shuttle | D. McConnell, W. Pepin, G. Johnson, R. Kolbow | 1:30.7 | 1973 |
| 4x100 M Low Hurdle Shuttle | J. Crawford, L. Nelson, T. Hagen, L. Haseltine | 1:00.5 | 1976 |
| 4x110 M. High Hurdle Shuttle | Scott Hentges, Rusty Reetz,Rick Daugherty, Jason Christensen | 1:04.0 | 1994 |
| 4x90 M. High Hurdle Shuttle | Scott Hentges, Rusty Reetz,Jason Christensen, Rick Daugherty | 47.2 | 1994 |
| 8x200 M. Relay | Rob Menne, Mike Christensen, Jim Reidt, Mike Keis, Mike Schurrer, Troy Colberg, Steve Paulino, B. Hickerson | 3:10.0 | 1983 |
| 3x300 M. Int Hurdle Relay | Ron Petroske, Jerry Proulx, Lee Nelson | 2:05.2 | 1978 |
| 4x300 M. Int Hurdle Relay | J. Proulx, Scott Kohls, S. Kohls, Bob Proulx | 2:57.0 | 1978 |
| Weightmen's Relay | Joe Toth, Morgan McCann,Tim Rabel, John Bruley | 46.7 | 1988 |

**OUTDOOR SCHOOL RECORDS**

**FIELD EVENT RELAYS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Athletes** | **Record** | **Year** |
| **Two Men Field Event Relays** |
| Pole Vault Relay | Rory Alt, Tyler Massey | 25'0" | 2009 |
| **Three Men Field Event Relays** |
| Discus Relay | Logan Robinson, Matt Schwartz, Tyler Kleinhuizen | 444'9" | 2007 |
| Shot Put Relay | Kenny Klein, Matt Schwartz, Tyler Kleinhuizen | 156'10.5" | 2007 |
| Pole Vault Relay | J. Koch, Tom Hagen, Mickey Grundhofer | 32'6" | 1979 |
| Long Jump Relay | Brad Ristow, Mark Buerkle, Rory Alt | 57'3" | 2009 |
| High Jump Relay | Pete Nelson, Troy Shoberg, M.Oswald  | 17'10" | 1995 |
| Triple Jump | Dillon Edelen, Griffin Lentsch Rory Alt | 120’ 10”  | 2008 |
| **Four Men Field Event Relays** |
| Long Jump Relay | Tom Hipkins, Troy Shoberg | 75'1" | 1995 |
|  | Andy Larson, Shane Maefsky |  |  |
| Triple Jump | Brendan Krasean, Jamie Lowe,  | 153'1.5" | 1993 |
|  | Jason Pederson, Cam Stottler |  |  |
| Discus Relay | Paul Kendrick, Shawn Dolan,  | 549'2" | 1979 |
|  | B. Robinson, Bob Schrom |  |  |
| High Jump Relay | Troy Shoberg, Tom Bailey, Scott Hentges, Brad Kirchoff | 23'10" | 1994 |
| Shot Put Relay | Rob Bleymeyer, Dave Espelien,Mark Fahey, Joe Ferraro | 199'.1" | 1996 |
| Pole Vault Relay  | Jesse Perrault, John Proulx, Dan Kohlar, R. Linde | 44'0" | 1979 |
| Kevin Navin, Mike McEachran, Tom Ferrazzi, Phil Ferrazzi | 44'0" | 1981 |
| Long, Triple Jump Relay | Steve Davis, Dave Matuseski, Dave Winberg, Bob Proulx | 119'6" | 1980 |

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**INDOOR SCHOOL RECORDS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Running Event** | **Athlete** | **Record** | **Year** |
| 50 Yd. Dash | Joe Toth | 5.6 | 1990 |
| 50 Yd. High Hurdles | Joe Childers | 6.8 | 1985 |
| 55 M. Dash | Bob Ewings | 6.47 | 1992 |
| 55 M. High Hurdles | Craig Gillen | 7.98 | 1990 |
| 60 Yd. Dash | Rick Bayless | 6.5 | 1983 |
| 60 Yd. High Hurdles | Roger Kolbow | 7.9 | 1973 |
| Scott Kohls | 7.9 | 1979 |
| Dave Matuseski | 7.9 | 1981 |
| 200 M Dash | Bob Ewings | 22.95 | 1992 |
| 400 M Dash | Eric Schmeckpeper | 51.86 | 1996 |
| 800 m. Dash | JJ Weigel | 2:02.63 | 2010 |
| 880 Yd | Bob McGrath | 2:04.6 | 1981 |
| 1600m Run | Joe Jackson | 4:34..60 | 2011 |
| **3200m Run** | **Charlie Babcock** | **9:51.92** | **2018** |
| 4x400 M Relay | Steve Carr, Erik Brown, Mark Rehbine, Ryan Lundin | 3:34.1 | 1993 |
| 4x200 M Relay | Jason Hoskins, Steve Carr, Mark Rehbine, Bob Ewings | 1:35.3 | 1993 |
| Sprint Medley Relay | Eric Schmeckpeper, Dustin CarrollRusty Reetz, Rob Reetz | 3:47.2 | 1995 |
| **4X800 M Relay** | **Adam Stenning, Will Valentine, Max Charlsen, Ryan Mead** | **8:30.77** | **2018** |
| 300 Yd. Dash | Brian Hickerson | 34.3 | 1984 |

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**INDOOR FIELD EVENT RECORDS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Field Event** | **Athlete** | **Record** | **Year** |
| Shot Put | Joe Toth | 59'.25" | 1990 |
| Long Jump | Cam Stottler | 21'4.5 | 1996 |
| Pole Vault | John Amrehien | 13'9" | 1985 |
| High Jump | Troy Shoberg | 6'3.5" | 1993 |
| Triple Jump | Cam Stottler | 43'7" | 1996 |

**SOPHOMORE SCHOOL RECORDS**

**RUNNING EVENTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Athlete** | **Record** | **Year** |
| 110 M. High Hurdles | Joe Gustofson | 15.4 | 1999 |
| 300 M. Int. Hurdles | Cody Walton | 39.78 | 2011 |
| 100 M. Dash | Jeff Pommier | 10.9 | 1985 |
| 200 M. Dash | Jeff Pommier | 22.3 | 1985 |
| 300 M. Dash | Mike Nelson | 37.0 | 1991 |
| 400 M. Dash | Josh Nielson | 50.67 | 2008 |
| 800 M. Dash | Eric Schmeckpeper | 1:59.31 | 1994 |
| 1600 M. Run | Charlie Babcock | 4:30.97 | 2017 |
| 3200 M. Run | Charlie Babcock | 9:41.23 | 2017 |
| 4x100 M. Relay | Calder Erick, Gabe BrisboisTristin Cordie, Corvell Wolter | 44.61 | 2017 |
| 800 Medley(100, 100, 200, 400) | Bob Ewings, Mike Nelson, Brook Carlson, Steve Carr | 1:42.5 | 1991 |
| 4x400 M. Relay | Cam Stottler, Rusty Reetz, Rob Reetz, Eric Schmeckpeper | 3:34.1 | 1994 |
| 4x800 M. Relay | Joe Jackson, Ben Long, Eric Haerbert, Andrew Montean | 8:35 | 2010 |
| 4 x 200 Relay | Matt Schoessow, Dan FagerstromTristin Cordie, Logan Moore | 1:33.54 | 2017 |
| Distance Medley Relay | Bob Paulsen, Rob Thompson,Dan King, Charlie Janecek | 11:30.7 | 1985 |
| 4x3200 M. Relay | Rob Thompson, Scott Jensen,Chuck Fagin, Charlie Janecek | 43:03.5 | 1985 |
| 3x300 M. Int. Hurdle | Mark Grove, Trevor Carlson,Kevin Rector | 2:15.3 | 1982 |

**FIELD EVENTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Athlete** | **Record** | **Year** |
| Shot Put | Tyler Kleinhuizen | 53'5.5" | 2005 |
| Discus | Mark Fahey | 163'11" | 1994 |
| Pole VaultLong JumpHigh Jump | Tyler Massey | 13'0" | 2009 |
| Tommy Tyson | 21’6.5” | 2010 |
| Troy Shoberg | 6'6" | 1993 |
| Triple Jump | Griffin Lentsch | 41'5.5" | 2007 |

**NINTH GRADE RECORDS**

**RUNNING EVENTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Running Event** | **Athlete** | **Record** | **Year** |
| 100 M | Calder Erick | 11:52 | 2017 |
| 200 M | Calder Erick | 23.34 | 2017 |
| 300 M | Rob Reetz | 38.1 | 1993 |
| **400 M** | **Ben Anderson** | **51.98** | **2018** |
| 800 M | Eric Schmeckpeper | 2:02.91 | 1993 |
| 1600 M | Charlie Babcock | 4:38.8 | 2016 |
| 3200 M | Charlie Babcock | 9:57:78 | 2016 |
| 110 M HH | Rusty Reetz | 16.21 | 1993 |
| 300 M IH | Rusty Reetz | 42.6 | 1993 |

**RELAYS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Relay Event** | **Athlete** | **Record** | **Year** |
| 4x100 M | Rob Reetz, Rusty Reetz, Aaron Minehan, Eric Schendzielos | 47.3 | 1993 |
| **4x200 M** | **Ben Anderson, Sam Anderson, Slade Heald, Michael Sopp** | **1:38.7** | **2018** |
| 4x400 M | Collin Mcgrath, Ben LongJoe Jackson, Eric Herbert | 3:46 | 2009 |

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**FIELD EVENTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Field Event** | **Athlete** | **Record** | **Year** |
| Shot Put | Derek Peterson | 53'1" | 2004 |
| Discus | Mark Fahey | 145'5" | 1993 |
| **Long Jump** | **Slade Heald** | **20’6.75”** | **2018** |
| Pole Vault | Kike Keller | 11'6" | 1997 |
|  | Tyler Massey | 11’6 | 2008 |
| **High Jump** | **Slade Heald** | **6'2"** | **2018** |
| Triple Jump | Tommy Tyson | 39'7.75" | 2009 |

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**HURDLE HONOR ROLL**

**110 METER HIGH HURDLES**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Cody Walton | 14.54 | 2013 |
| 2. | Ron Petroske | 14.72 | 1978 |
| 3. | Scott Kohls | 14.92 | 1979 |
| 4. | Craig Gillen | 14.99 | 1989 |
| 5. | Scott Hentges | 15.10 | 1995 |
| 6. | Jason Christensen | 15.13 | 1994 |
| 7. | Payton Zeidler | 15.24 | 2016 |
| 8. | Jerry Proulx | 15.34 | 1978 |
| 9. | Joe Childers | 15.44 | 1985 |
| 10 | Dave Matuseski | 15.54 | 1981 |
| 10 | Mark Grove | 15.54 | 1983 |
| 12 | Brian Brenberg | 15.58 | 1998 |
| 13 | Matt Rivard | 15.59 | 2002 |
| 14 | Joe Gustofson | 15.64 | 1999 |
| 14 | Bret Weiss | 15.64 | 1982 |
| 14 | Kevin Rector | 15.64 | 1984 |
| 14 | Dan Keis | 15.64 | 1987 |

**300 METER INTMED. HURDLES**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Cody Walton | 37.57 | 2013 |
| 2. | Ron Petroske | 39.2 | 1978 |
| 3. | Craig Gillen | 39.46 | 1990 |
| 4. | Scott Kohls | 39.6 | 1980 |
| 5. | Payton Zeidler | 39.91 | 2016 |
| 6. | Scott Hentges | 40.20 | 1995 |
| 7. | Trevor Carlson | 40.0 | 1984 |
| 8. | Dave Matuseski | 40.2 | 1981 |
| 9. | Jeff Proulx | 40.3 | 1979 |
| 10. | Dan Ostlie | 40.4 | 1985 |
| 11. | Kevin Rector | 40.6 | 1984 |
| 12 | Payton Zeidler | 40.84 | 2015 |
| 13. | Rusty Reetz | 40.96 | 1995 |
| 14. | Bret Weiss | 41.1 | 1982 |
| 15. | Dan Keis | 41.1 | 1987 |
| 16 | Sam Nielson | 41.48 | 2016 |
| 17. | Brian Rivard | 41.73 | 2008 |
| 18.. | Dustin Kendrick | 41.83 | 2006 |
| 19. | Nick Schleder | 41.84 | 1999 |

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**SPRINT HONOR ROLL**

**100 METER DASH**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Richard Carr | 10.75 | 2013 |
| 2. | Bob Ewings | 10.78 | 1992 |
| 3. | Cole Barcroft | 10.92 | 2016 |
| 4. | BrandonTester | 10.94 | 2009 |
| 4 | Cole Barcroft | 10.94 | 2015 |
| 6. | Tra Griffin | 10.98 | 2010 |
| 7. | Rick Bayless | 10.9 | 1983 |
| 7. | Jeff Pommier | 10.9 | 1985 |
| 9. | Stuart King | 11.0 | 1987 |
| 10  | Troy Colberg | 11.1 | 1984 |
| 11  | Jeff St. Martin | 11.12 | 2001 |
| 12. | Zach Freer | 11.13 | 2013 |
| 13 | Remington Brisbois | 11.14 | 2017 |
| 14 | Joe Toth | 11.15 | 1990 |
| 14 | Tommy Tyson | 11.15 | 2012 |
| 16 | Dillon Grant | 11.17 | 2007 |
| 17 | Dan Blazer | 11.19 | 2007 |
| 17 | Mitch Koenig | 11.19 | 2008 |

**200 METER DASH**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Bob Ewings | 21.65 | 1993 |
| 2. | Dalton Keep | 22.08 | 2008 |
| 3 | Richard Carr | 22.11 | 2013 |
| 4. | Josh Nielsen | 22.20 | 2010 |
| 4. | Mike Keis | 22.20 | 1983 |
| 6 | Cole Barcroft | 22.24 | 2015 |
| 7. | Tommy Tyson | 22.28 | 2012 |
| 8 | Jeff Pommier | 22.3 | 1985 |
| 9 | Justin Martin | 22.5 | 2000 |
| 10 | Erik Brown | 22.6 | 1994 |
| 11. | Mitch New | 22.61 | 2010 |
| 12. | Ryan Lundin | 22.66 | 1993 |
| 13 | Corvell Wolter | 22.67 | 2017 |
| 14 | Mark Paulsen | 22.70 | 1989 |
| 15 | Mike Nelson | 22.76 | 1993 |
| 16 | John Proulx | 22.80 | 1980 |
| 17 | Tra Griffin | 22.81 | 2010 |

**SPRINT HONOR ROLL**

**400 METER DASH**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Josh Nielsen | 49.07 | 2010 |
| 2. | Jason Schweitz | 49.29 | 2001 |
| 3. | Ryan Lundin  | 49.75 | 1993 |
| 4. | Erik Brown | 50.29 | 1994 |
| 5. | Steve Carr | 50.53 | 1993 |
| 6. | Eric Schmeckpeper | 50.64 | 1996 |
| 7. | Josh Nielsen | 50.67 | 2008 |
| 8. | Isac Enz | 50.71 | 1997 |
| 9. | Justin Martin | 50.72 | 2000 |
| 10 | Mitch New | 51.00 | 2010 |
| 11. | Mark Buerkle | 51.08 | 2009 |
| 11 | Dylan Windingstad | 51.08 | 2017 |
| 13 | Denny Olson | 51.29 | 1988 |
| 14 | Andrew Mansmith | 51.12 | 2012 |
| 15 | Mike Baker | 51.13 | 1999 |
| 16 | Jeff Young | 51.15 | 1988 |
| 17 | Jim Reidt | 51.24 | 1983 |
| 18 | Lorin Skoglund | 51.46 | 2004 |
| 19 | Tom Meyman | 51.58 | 1988 |
| 20 | Logan Moore | 51.88 | 2017 |
| 20 | Tristan Cordie | 51.88 | 2018 |

**DISTANCE HONOR ROLL**

**800 METER DASH**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Mike Baker | 1:56.43 | 1999 |
| 2 | Nate Moen | 1:56.83 | 2009 |
| 3 | Rich Forster | 1:57.0 | 1985 |
| 4. | JJ Weigel | 1:57.11 | 2010 |
| 5. | Joe Jackson | 1:57.24 | 2011 |
| 6. | Eric Herbert | 1:58.07 | 2012 |
| 7 | Eric Schmeckpeper | 1:58.46 | 1995 |
| 8 | Bob McGrath | 1:58.6 | 1981 |
| 9 | Mark Strand | 1:58.7 | 1975 |
| 10 | Josh Wright | 1:58.8 | 1999 |
| 11 | Seamus Glewwe | 1:58.86 | 2007 |
| 12 | Tim Pratt | 2:00.2 | 1983 |
| 13 | Tom Goeltl | 2:00.92 | 1993 |
| 14 | Mark Allen | 2:00.7 | 1973 |
| 15 | Chuck Fagin | 2:01.2 | 1985 |
| 16 | Kerry Kellerhuis | 2:01.9 | 1975 |
| 17 | Brandon Yetter | 2:02.17 | 2007 |
| 18 | Steve Paul | 2:02.3 | 1978 |

**1600 METER RUN**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | JJ Weigel | 4:18.43 | 2010 |
| 2 | Joe Jackson | 4:22.12 | 2011 |
| 3 | Josh Wright | 4:23.92 | 1999 |
| 4 | Eric Pierce | 4:24.33 | 1995 |
| 5 | Rob Thompson | 4:25.6 | 1987 |
| **6** | **Charlie Babcock** | **4:25.9** | **2018** |
| 7 | Tom Goeltl | 4:27.30 | 1976 |
| 8 | Kerry Kellerhuis | 4:27.5 | 1976 |
| 9 | Justin Rice | 4:28.29 | 1995 |
| 10 | Jacob Jankowski | 4:28.55 | 2013 |  |
| 11 | Dave McNamara | 4:31.5 | 1981 |
| 12 | Joe Jackson | 4:31.62 | 2010 |
| 13 | Zach Waldoch | 4:33.67 | 2008 |
| 14 | Nate Moen | 4:33.77 | 2009 |
| 15 | Joe McBain | 4:34.0 | 1981 |
| 16 | Rick Wolf | 4:35.2 | 1977 |
| 17 | Mark Strand | 4:36.5 | 1975 |
| 18 | Rich Forster | 4:36.9 | 1985 |
| 19 | Ben Brodin | 4:38.09 | 2006 |
| 20 | Jamison Hull | 4:38.2 | 2006 |

**3200 METER RUN**

|  |  |  |  |
| --- | --- | --- | --- |
| **1** | **Charlie Babcock** | **9:25.77** | **2013** |
| 2 | Jacob Jankowski | 9:32.97 | 2013 |
| 3 | Rob Thompson | 9:36.01 | 1987 |
| 4 | Eric Pierce | 9:36.56 | 1995 |
| 5 | Mark Moraczewski | 9:38.7 | 1979 |
| 6 | Justin Rice | 9:51.93 | 1994 |
| 7 | Mark Reiling | 9:52.59 | 1993 |
| 8 | Joe Jackson | 9:52.59 | 2010 |
| 9 | Lloyd Pierce | 9:53.7 | 1974 |
| 10 | Zach Waldoch | 9:54.90 | 2008 |
| 11 | Josh Wright | 9:55.5 | 1999 |
| 12 | Andy Elvester | 9:55.82 | 1995 |
| 13 | Matt Mach | 9:57.11 | 2005 |
| 14 | Joe McBain | 10:01.0 | 1981 |
| 15 | Dan Jacobs | 10.01.5 | 1973 |
| 16 | Bart Rehbein | 10:03.8 | 1977 |
| 17 | Dick Valenty | 10:04.9 | 1977 |
| 18 | Matt Moraczewski | 10:05.0 | 1980 |

**JUMP HONOR ROLL**

 **LONG JUMP**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Cam Stottler | 22'10.25" | 1996 |
| 2 | Marty Jensen | 22'7.25" | 1978 |
| 3 | Tommy Tyson | 22’.25” | 2012 |
| 4 | Jamie Lowe | 21'8.5" | 1993 |
| 5 | Tom Hipkins | 21'7.5" | 1995 |
| 6 | Jimmy Plain | 21’7” | 2009 |
| 7 | Preston Huddelston | 21’4” | 2014 |
| 8 | Bob Proulx | 21'2" | 1980 |
| 9 | Tyler Anderson | 21'0 | 2002 |
| 10 | Erik Stolberg | 20'10.75 | 2006 |
| 11 | Payton Zeidler | 20’10.5 | 2016 |
| 12 | Steve Davis | 20'9" | 1980 |
| 13 | Gerald Bunton | 20'7.75" | 1984 |
| 13 | Stuart King | 20'7.75" | 1987 |
| 13 | Mark Buerkle | 20’7.5” | 2009 |
| 13 | Troy Shoberg | 20'7.5" | 1995 |
| 17 | David Poyard | 20’.7.25” | 2011 |
| 18 | Lee Nelson | 20'7" | 1978 |
| **19** | **Slade Heald** | **20'6.75”** | **2018** |
| 20 | Paul Sobiach | 20’6” | 1999 |

**Triple Jump**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Griffin Lentsch | 45’2.5” | 2009 |
| 2 | Jimmy Plain | 45’2” | 2009 |
| 3 | Marty Jensen | 44'8" | 1978 |
| 4 | Shane Maefsky | 44'1.5" | 1997 |
| 5 | Cam Stottler | 43'7" | 1996 |
| 6 | Stacy Hebb | 43'1" | 1985 |
| 7 | Aaron Korthals | 43'1/2" | 1999 |
| 8 | Tyler Anderson | 43'1/4" | 2002 |
| 9 | Matt Kraska | 42'9.75" | 2002 |
| 10 | John McPhail | 42'9" | 1984 |
| 11 | Jamie Lowe | 42'5.75" | 1993 |
| 12 | Tom Hipkins | 42'4.25" | 1995 |
| 13 | Bob Proulx | 42'4" | 1980 |
| 14 | Brendan Krasean | 41'10" | 1993 |
| 15 | Aaron Anderson | 41'9.50 | 2006 |
| 16 | Dave Winberg | 41'7" | 1981 |
| 17 | Pat Murphy | 41’5” | 2014 |
| 18 | Scott Perry | 41'4.25" | 1988 |

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**HIGH JUMP**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Troy Shoberg | 6'8" | 1995 |
| 2 | Rick Bayless  | 6'6.25"  | 1983 |
| 3. | Cody Walton | 6’5” | 2013 |
| 3 | Tim Almquist  | 6'5"  | 1977 |
| 4 | Dave Winberg  | 6'5"  | 1981 |
| 5 | Griffin Lentsch | 6’4” | 2009 |
| 5 | Pat Spence  | 6'4"  | 1980 |
| 5 | Dave Gruba  | 6'4"  | 1988 |
| 5 | Mark Oswald | 6'4" | 1995 |
| 10 | George Harvey  | 6'3"  | 1983 |
| 10 | Craig Peterson  | 6'3"  | 1988 |
| 10 | Payton Zeidler | 6’3” | 2013 |
| **12** | **Slade Heald** | **6’2”** | **2018** |
| 12 | Aaron Korthals | 6'2" | 1999 |
| 12 | Dave Lichtscheidl | 6'2"  | 1977 |
| 12 | Bob McGrath  | 6'2"  | 1981 |
| 12 | Gerald Bunton  | 6'2"  | 1984 |
| 12 | Eric Carter  | 6'2"  | 1987 |
| 12 | Tom Bailey | 6'2" | 1994 |
| 12 | Pete Nelson | 6'2" | 1996 |
| 12 | Dan McConnell  | 6'2"  | 1975 |
| 12 | Jimmy Plain | 6’2” | 2009 |
| 12 | Payton Zeidler | 6’2” | 2014 |

**Pole Vault**

**Polevault**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Tyler Colling  | 14’9” | 2011 |
| 2 | Tyler Massey | 14’6” | 2011 |
| 3 | John Amrhiem | 14'4" | 1985 |
| 4 | Tyler Massey | 14’3” | 2010 |
| 5 | Matt Lovegren | 14'0" | 2002 |
| 6 | Tyler Colling | 13’11” | 2010 |
| 7 | Mike Keller | 13'8" | 2000 |
| 8 | Rory Alt | 13’6” | 2009 |
| 8 | Tom Hagen | 13'6" | 1977 |
| 9 | Phil Ferrazzi | 13'3" | 1982 |
| 10 | John Proulx | 13'0" | 1980 |
| 10 | Mike McEachran | 13'0" | 1983 |
| 10 | Gordy Bishop | 13'0" | 1984 |
| 11 | Joe Liljedahl | 12'9" | 1987 |
| 11 | Aaron Nicholson | 12'9" | 1995 |
| 12 | Jesse Perrault | 12'6" | 1979 |
| 12 | Mickey Grundhofer | 12'6" | 1978 |
| 12 | Kevin Naven | 12'6" | 1981 |
| 12 | Chris Weisbrod | 12'6" | 1991 |
| 12 | Paul Friberg | 12'6" | 1994 |
| 12 | Shawn Olsen | 12'6" | 2001 |
| 12 | Josef Maier | 12'6" | 2005 |
| 12 | Kyle Olson | 12’6” | 2010 |

**THROW HONOR ROLL**

**SHOT PUT**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Tyler Kleinhuizen | 61'.75" | 2007 |
| 2 | Joe Toth | 60'7.5" | 1990 |
| 3 | Mark Fahey | 58'3" | 1996 |
| 4 | John Bruley | 58'2" | 1988 |
| 5 | Pat Kasl | 57’3” | 2016 |
| 6 | Adam Wilson | 56'5" | 2002 |
| 7 | Dan Lindgren | 55'10.5" | 1980 |
| 8 | Jason Brodeur | 55'3" | 1999 |
| 9 | Derek Peterson | 55'1" | 2006 |
| 10 | Bennen Bierman | 54’10” | 2012 |
| 11 | Doug Smith | 54'9" | 1978 |
| 12 | Shawn Dolan | 54'6" | 1979 |
| 13 | Paul Kendrick | 54'6" | 1979 |
| 14 | Rob Bleymeyer | 54'5" | 1996 |
| 15 | Doug Smith | 54'1" | 1978 |
| 16 | Joe Ferraro | 54'0" | 1997 |
| 17 | Charlie Royce | 53’11” | 2011 |
| 18 | Todd Zapzalka | 53'9" | 1986 |
| 19 | Dean Daninger | 53'7" | 1984 |
| 20 | Matt Schwartz | 52'5.75" | 2007 |
| 21 | Mike Sullivan | 52'5" | 1986 |
|  |  |  |  |

**DISCUS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Paul Kendrick | 181' 7" | 1979 |
| 1 | Mark Fahey | 181' 7" | 1996 |
| 3 | Joe Toth | 177' 10" | 1990 |
| 3 | Pat Kasl | 177’10” | 2016 |
| 5 | Matt Schwartz | 173' 7" | 2007 |
| 6 | John Bruley | 171' 11" | 1988 |
| 7 | Anthony Tyler | 169’3” | 2013 |
| 8 | Matt Penttila | 166' 10" | 1995 |
| 9 | Dean Daninger | 165' 4" | 1984 |
| 10 | Tyler Kleinhuizen | 165' 2" | 2007 |
| 11 | Shawn Dolan | 164' 1" | 1979 |
| 12 | Luke Ellis | 163' 9" | 1999 |
| 13 | Dan Lindgren | 161' 4" | 1980 |
| 14 | Derek Peterson | 161’2” | 2007 |
| 15 | Joe Schlavin | 160' 7" | 1992 |
| 16 | Fred Wenzel | 160' 6" | 1999 |
| 17 | Rick Schwab | 160' 3" | 1981 |
| 18 | Ian Gilquist | 156' 5" | 2001 |
| 19 | Jason Locke | 152' 10" | 1991 |

**The Value of Sports**

**“Everyone must have a goal or a dream to strive for.**

**Here are four things you have to do to achieve your goal.**

**First, is your determination to be able to reach your dream.**

**Second, you have to have dedication.**

**Then comes self - discipline and sacrifice.**

**And lastly is the attitude with which you assume your quest.”**

 **-Jesse Owens**

**RELAY HONOR ROLL**

**4X100 METER RELAY**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Andrew Wright, Zach Freer, Pat Murphy, Richard Carr | 42.43 | 2013 |
| 2 | Ahmad Montgomery, Cole Barcroft, Payton Zeidler, Remi Brisbois | 42.70 | 2015 |
| 3 | Matt Eiden, Tommy Tyson, Pat Moran, Rich Carr | 42.78 | 2012 |
| 4 | Dan Blazer, Mitch Koenig, Dillon Grant, Dalton Keep | 42.80 | 2008 |
| 5 | Rick Bayless, Rob Menne, Mike Christensen, Mike Keis | 42.8 | 1983 |
| 6 | Alex Jackamino, Cole Barcroft, Payton Zeidler, Remme Brisbois | 42.98 | 2016 |
| 7 | Andrew Wright, Zach Freer, David Poyard, Rich Carr | 43.11 | 2013 |
| 8 | Mark Rehbine, Bob Ewings, Mike Nelson, Jason Hoskins | 43.22 | 1993 |
| 9 | Calder Erick, Tristin Cordie, Eli Dodge, Remington Brisbois | 43.34 | 2017 |
| 10 | Rick Bayless, Rob Menne, Mike Christensen, Mike Keis | 43.44 | 1982 |
| 11 | Mark Hoff Mark Paulsen Joe Toth Nick Palumbo | 43.46 | 1989 |
| 12 | Mark Rehbine, Bob Ewings, Mike Nelson, Steve Carr | 43.48 | 1992 |
| 13 | Zach Greene, Tyler Massey, Tommy Tyson, Tra Griffin | 43.50 | 2010 |
| 14 | Jeff Pommier, Jess McDonald, James McDonald, Troy Colberg | 43.52 | 1985 |
| 15 | Pat Murphy, Cole Barcroft, Preston Huddelston, Ahmad Montg | 43.80 | 2014 |
| 16 | Tom Masteller, Bob Ewings, Mike Nelson, John Lewis | 43.86 | 1991 |
| 17 | Mark Hoff, Mark Paulsen, Don Gilbert, Nick Palumbo | 43.92 | 1989 |
| 18 | Zach Greene, Tyler Massey, Tommy Tyson, Eric Invie | 44.00 | 2011 |
| 19 | Steve Davis, Pat Spence, John Proulx, Rick Schwab | 44.06 | 1980 |
| 20 | Jeremy Sternhagen, Gerry Hilger, Rob Reetz, Joe Ferraro | 44.09 | 1996 |

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**4X200 METER RELAY**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Andrew Mansmith, Rich Carr, Tommy Tyson, Pat Moran | 1:29.35 | 2012 |
| 2 | Paton Zeidler, Ben Mahonen, Alex Jackamino,Cole Barcroft | 1:29.44 | 2016 |
| 3 | Josh Nielsen, Tyler Massey, Mitch New, Tra Griffin | 1:29.58 | 2010 |
| 4 | Ian Asperheim, Eli Dodge, Remy Bridbois, Dylan Windingstad | 1:29.98 | 2017 |
| 5 | Brandon Brambilla, Dan Blazer, Josh Nielson, Dalton Keep | 1:30.20 | 2008 |
| 6 | Matt Rivard, Jeff St.Martin, Landon Stevens, Jason Schweitz | 1:30.27 | 2001 |
| 7 | Steve Carr, Mike Nelson, Ryan Lundin, Bob Ewings | 1:30.47 | 1993 |
| 8 | Cody Walton, Preston Huddelston, Andrew Montean, Zach Free | 1:30.88 | 2013 |
| 9 | Rick Bayless, Rob Menne, Mike Christensen, Mike Keis | 1:30.98 | 1983 |
| 10 | Jamie Lowe, Jason Hoskins, Phil Engen, Mike Nelson | 1:31.34 | 1993 |
| 11 | Rick Bayless, Rob Menne, Mike Christensen, Mike Keis | 1:31.26 | 1982 |
| 12 | Rick Bayless, Rob Menne, Mike Christensen, Troy Colberg | 1:31.58  | 1983 |
| 13 | Dustin Carroll, Rob Reetz, Tom Hipkins, Aaron Nicholson | 1:32.36 | 1995 |
| 14 | Mitch New, Dan Blaser, Mike Hansmann, Josh Nielsen | 1:32.49 | 2009 |
| 15 | Landon Stevens, Jason Schweitz, Justin Martin, Tyler Anderson | 1:32.61 | 2000 |
| 16 | Chris Kauls, Brian Hickerson, Jess McDonald, Troy Colberg | 1:32.75 | 1985 |
| 17 | Zach Greene, Tommy Tyson, Eric Invie, Tyler Massey | 1:32.81 | 2011 |
| 18 | Jeff Pommier, Brian Hickerson, Jess McDonald, Troy Colberg | 1:33.09 | 1985 |
| 19 | Jason Hoskins, Tom Hipkins, Phil Engen, Aaron Nicholson | 1:33.23 | 1994 |
| 20 | Justin Martin, Landon Stevens, Jason Schweitz, Jeff St.Martin | 1:33.18 | 2000 |

**RELAY HONOR ROLL (continued)**

**4x400 METER RELAY**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Steve Carr, Erik Brown, Mark Rehbine, Ryan Lundin | 3:23.01 | 1993 |
| 2 | Jim Reidt, Tim Pratt, Scott Miska, Mike Keis | 3:23.0 | 1983 |
| 3 | Mitch New, Josh Nielsen, Mark Buerkle, Nate Moen | 3:26.49 | 2009 |
| 4 | Steve Carr, Erik Brown, Mark Rehbine, Ryan Lundin | 3:26.22 | 1992 |
| 5 | Ian Asperheim, Logan Moore, Matt Schoessow, Dylan Windingstad | 3:26.77 | 2017 |
| 6 | Andrew Mansmith, Joe Jackson, Ben Long, Eric Herbert | 3:26.79 | 2012 |
| 7 | Jeff Young, Matt Sletten, Denny Olson, Tom Meyman | 3:27.0 | 1988 |
| 8 | James McDonald, Pete Malek, Craig Martin, Rich Forster | 3:27.7 | 1985 |
| 9 | Jeff Nielsen, Lee Haseltine, Lee Nelson, Ron Petroske | 3:27.8 | 1977 |
| 10 | Isac Enz, Rob Reetz, Russ Reetz, Eric Schmeckpeper | 3:28.79 | 1996 |
| **11** | **Jack Anderson, Adam Stenning, Matthew Schoessow, Ben Anderson** | **3:28.58** | **2018** |
| 12 | Andrew Mansmith, Eric Herbert, Ben Long, Joe Jackson | 3:29.93 | 2011 |
| 13 | Jim Reidt, Bret Weiss, Tim Pratt, Gary Kosman | 3:30.0 | 1982 |
| 14 | Jim Reidt, Scott Miska, Rich Forster, Tim Pratt | 3:30.1 | 1983 |
| 15 | Rob Reetz, Jason Jury, Matt Gifford, Eric Scmeckpeper | 3:30.38 | 1994 |
| 16 | Brandon Brambilla, Mark Buerkle, Jimmy Plain, Nate Moen | 3:30.61 | 2008 |
| 17 | Jesse Kolbow, Jordan Bengston, Erik Stolberg, John Schweitz | 3:30.79 | 2005 |
| 18 | Rob Reetz, Jason Jury, Rusty Reetz, Erik Brown | 3:31.19 | 1994 |
| 1819 | Josh Nielsen, Andrew Mansmith, JJ Weigel, Joe Jackson | 3:31.59 | 2010 |

**4x800 METER RELAY**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | JJ Weigel, Andy Orth, Nate Moen, Zach Waldoch | 7:59.01 | 2009 |
| 2 | Joe Jackson, Ben Long, Jacob Jankowski, Eric Herbert | 8:00.70 | 2012 |
| 3 | JJ Weigel, Andy Orth, Nate Moen, Zach Waldoch | 8:04.81 | 2008 |
| 4 | Joe Jackson, Ben Long, Phil D’Entremont, Eric Herbert | 8:06.33 | 2011 |
| 5 | Joe Jackson, Phil d”Entremont, Eric Herbert, Ben Long | 8:08.47 | 2010 |
| 6 | Rick Wolf, Bart Rehbein, Dick Valenty, Ron Petroske | 8:11.3 | 1977 |
| 7 | Seamus Glewwe, Brandon Yetter, Nathan Moen, Ben Brodin | 8:14.66 | 2007 |
| 8 | Mark Reiling, Matt Gifford, Justin Rice, Jason Jury | 8:17.66 | 1994 |
| 9 | Trevor Waldoch, Andrew Orth, Joe Jackson, JJ Weigel | 8:20.59 | 2009 |
| 10 | Jim Reidt, Rich Forster, Joe McBain, Tim Pratt | 8:20.8 | 1983 |
| 11 | Mark Reiling, Jayson Wakem, Tim Smith, Justin Rice | 8:21.7 | 1993 |
| 12 | Al Keis, Scott Kieliszewski, Jim Reidt, Bob McGrath | 8:22.7 | 1981 |
| **13** | **Adam Stenning, Will Valentine, Ryan Mead, Max Charlsen** | **8:23.55** | **2018** |
| 13 | Dave McNamara, Scott Kieliszewski, Al Keis, Bob McGrath | 8:24.6 | 1981 |
| 14 | Rich Forster, Paul Nelson, Scott Jensen, Rob Thompson | 8:26.0 | 1985 |
| 15 | Bill Wolner, Steve Baland, Gary Kosman, Tim Pratt | 8:26.5 | 1982 |

**SPRINT MEDLEY RELAY**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | James McDonald, Troy Colberg, Pete Malek, Rich Forster | 3:32.2 | 1985 |
| 2 | Tom Hipkins, Phil Engen, Erik Brown, Eric Schmeckpeper | 3:36.56 | 1994 |
| 3 | Chris Kauls, Brian Hickerson, Craig Martin, Rich Forster | 3:36.4 | 1985 |
| 4 | Chris Kauls, Neil Biermaier, Bob Paulsen, Rob Thompson | 3:37.41 | 1987 |
| 5 | Scott Hentges, Dustin Carroll, Russ Reetz, E. Schmeckpeper | 3:38.33 | 1995 |
| 6 | Aaron Nicholson, Phil Engen, Erik Brown, Eric Schmeckpeper | 3:38.41 | 1994 |
| 7 | Lee Hazeltine, Jeff Nielsen, Lee Nelson, Kerry Kellerhuis  | 3:38.3 | 1976 |
| 8 | Rob Menne, Mike Christensen, Scott Miska, Tim Pratt | 3:38.9 | 1983 |
| 9 | Mike Christensen, Mike Keis, Scott Miska, Tim Pratt | 3:39.4 | 1982 |

**RANGER TRACK AND FIELD**

**Athlete Contract**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**As members of the Forest Lake Track team, you are held accountable for the standards set by coaches, administrators, Minnesota State High School League and captains. These standards, when met, can insure positive self-discipline and commitment. Being involved in your program and your team requires sacrifice and dedication, thus making track a very worthwhile endeavor.**

**Our goal is to create a positive and consistent team environment that meets the needs of maturing young men. With structured standards accountability can be achieved.**

**Team Members Promise**

**1. Be prepared for practice. I will come to every practice on time and ready to give 100% of what I have on that day. I will take care of my equipment and my body by eating right and getting enough sleep.**

**2. Be ready to learn. I will come to every practice and meet ready to learn more about my events and training principles. I will accept and forgive my mistakes and the mistakes of my teammates, coaches, and officials because I understand that we can all learn from our mistakes.**

**3. Respect my coaches and teammates. I will listen to my coaches and try to understand what they are trying to teach me. If I have questions or concerns I will approach my coaches with respect and address the situation with my coach. I do understand that the coaches may prefer that I do things their way because it is better for the team.**

**4. Respect my teammates. I will respect my teammates and encourage them so they can do their best. I will also help my teammates by exercising self-control and being a positive influence on them. Any hazing of my teammates will not be tolerated and will result in immediate disciplinary action.**

**5. Winning is an attitude. I like to win and our teams like to win. Winning is a byproduct of doing things right. A big part of winning is attitude!! I will develop a winner’s attitude this season.**

**I have read the track handbook and the track contract and I agree to do those things written.**

**Player: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Goals for 2019 season**

***Team Goals: (What are you doing to make this a great Team?)***

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Individual Goals***

**Event goals**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_**

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_**

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ­­­­\_\_\_\_\_\_\_\_\_\_\_**

**4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_**

***Personal Goals (All Conference, All State, etc)***

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Train Hard**

**Train Smart**

**Train Together**