

# All Conference Track

Standings	2019	BOYS
146.5	Alexandria	Josh Kietzmann- 110 H, 300 H, TJ; Drew Olson- 100, 200; 4x100: Kristen Hoskins, Cody Branson, Nolan Morical Drew Olson. Ethan Schroeder- 400; Kristen Hoskins- 200; 4x400: Caden Scheunert Graham Peterson, Jack Theien, Ethan Schroeder. Cody Branson- LJ; Derrek Piepho- LJ; Jaymeson Wolkow- Discus.
114	Apollo	4x800: Andrew Karls, Peter Olson, Ethan Logeman, Joel Knopp. Ben Theisen- 100; Logan Lommel- 1600, 800; Hamze Hussein- 1600, 800; Liban Mohamed- 1600, 3200; 4x100: Erastus Antsino, Nathaniel Voight, Ben Theisen, Eric Carter. Sam Brewer- 3200; Isaiah Weekes- PV.
96	Brainerd	Zach Henke- 110 H, 300 H; Hunter Turcotte- 400; 4x400: Zach Henke, Ethan Hebert, Ben Renner, Hunter Turcotte. Connor Powers- HJ; Ethan Hebert- PV; Brett Hague- SP.
89.5	Willmar	4x800: Harley Anez, Adnan Muhumed, Aden Aden, Fuad Bashir. Shawn Mellies-U'Ren- 800.
75	Rocori	Zach Libbesmeier- 110 H; Matt Koshiol- 100, 200; 4x200: Nick Heying, Charlie Matuska, Camdyn Bauer, Matt Koshiol. Max Mackedanz- JH; Isaac Massmann- PV; Caleb Schouviller- SP.
63.5	SRR	4x200: Dakota Johnson Mitchel Peterson, Kole Kutzera, Cole Ritten. Spencer Weber- 300 H, TJ.
56	Sartell	Ryley Emslander- 3200; Andy Latorre Torres-Queve- TJ; Drake Lalim- Discus.
49	Tech	Devon Rodriguez- 400; Odier Olang- HJ; Payton Christiansen- Dis; Kyle Ambrosch- SP.
12.5	Fergus Falls	Robert Sewell- LJ.

Standings	2019	GIRLS
196.33	Alexandria	4x800: Jaelyn Miller, Myah Kremer, Bethany Miller, Aleah Miller. Kaye Paschka- 100 H, 300 H, LJ; Hanah Quitmeyer- 100; Micah Summer- 100; 4x200: Hannah Quitmeyer, Anna Doherty, Addison Rodel, Micah Summer. Emma Ecker- 1600; Addison Rodel- 400; Margaret Shercliffe- 400; Caitlin Bright- 3200; 4x400: Addison Rodel, Aleah Miller, Margaret Shercliffe, Myah Kremer. McKenzie Duwenhoegger- Discus, SP; Hailie Kent- TJ; Mya Lesnar- Discus, SP; Christina Palmer- Discus; Hailey Gill- SP.
133.33	Brainerd	Brenna Deason- 100; 4x200: Gabrielle Smith, Ellis Selisker, Kayla Deason, Brenna Deason. 4x100: Gabrielle Smith, Kayla Deason, Myah Nelson, Brenna Deason. Kayla Deason- 200, PV; Emma Smith- LJ, TJ; Gabrielle Smith- LJ.
102	Rocori	4x800: Katelyn Motter, Merideth Theis, Paige Larsen, Carley Kremer. Cecelia Woods- 100 H, 300 H; Greta Lieser- 1600; Madilynn Nilson- 400; Paige Larsen- 800; 4x400: Cecelia Woods, Madilyn Nilson, Briana Hendrickson, Carley Kremer. Maggie Headlee- HJ; Olivia Motter- PV.
99.83	Willmar	Heidi Schmitz- 1600; Amel Dayib- 800; Erica Schramm- 200; Sam Christoffer- 200; Nina Dawson- 3200; Abby Teisinger- PV.
67	Fergus Falls	Sabrina Fronning- 100 H, 300 H; 4x100: Miranda Hoffman Ashlyn Fronning, Anna Anderson, Sabrina Fronning. Ainsley Hansen- HJ; Anika Eldien- HJ.
48	Sartell	Hannah Spoden- 800; Ingrid Buiceag-Arama- 3200.
30.5	SRR	
29	Apollo	Noelle Hackenmueller- TJ.
16	Tech	

Standings	2018	BOYS
145.5	Alexandria	Joshua Kietzmann- TJ; Bryce Ludwig- discus; Preston Bowden- 110 H, 300 H; Drew Olson- 100; Nathan Lusty- 100; Jackson Wichtendahl- 3200; Adam Pohlen- HJ; Bryce Ludwig- shot. 4x800: Keaton Gruber, Jackson Wichtendahl, Nolan Christenson, Nathan Schneiderhan; 4x200: Nathan Lusty, Cole Wild, Michael Empting, Wade Odland.
118	Willmar	Alec Nibauer- 200; Ibrahim Ismail- 400; Adnan Mohumed- 800; Noah Slagter- LJ. 4x400: Garrett Shuldes, Shawn Mellies-R'Ren, Ibrahim Ismail, Adnan Mohumed. 4x800: Adnan Mohumed, Shawn Mellies-R'Ren, Ibrahim Ismail, Jared Ruter. Cameron Murphy- SP.
112	Brainerd	Hunter Turcotte- 400; Ben Renner- 400; Jeff Spieker- 110 H, 300 H; Zach Henke- 110 H, 300 H. 4x400: Zach Henke, Jeff Spieker, Ben Renner, Hunter Turcotte. Ethan Hebert- PV; Taylor Shelito- Discus.
90	Sartell	Ryan Fernholz- 800; Nick Juntunen- 1600; Alex Nemeth- 1600; Zachary Nemeth- 3200; Patrick Hesse- 3200.
83.5	Rocori	Nate Andrusick- 100; Jack Young- 200; 4x100 & 4x200: Nate Andrusick, Dawson Torborg, Gunnar Feldhege, Jack Young. Max Mackedanz- HJ; Isaac Massmann- PV; Dawson Torborg- LJ; Zach Libbesmeier- TJ.
59	Apollo	Jayden Lister- 200; Biel Wiel- 800; Logan Lommel- 1600; 4x100: Devin Vorachith, Asthon Ward, Magus Hamann, Ben Theisen. Asthon Ward- HJ.
43.5	Tech	James Kaczor- TJ, SP; Discus.
29	SRR	Jaden Newbanks- PV.
21.5	Fergus Falls	Robert Sewell- LJ.

Standings		2018	GIRLS
181.5	Alexandria	Hannah Quitmeyer- 100, 200; Erika Roderick- 400; Myah Kremer- 800; Aleah Miller- 3200; Sydney Gray- 100 H; Kaye Paschka- 100 H, 300 H, TJ; 4x400: Addison Rodel, Myah Kremer, Bethany Miller, Erika Roderick. Abigail Forester- PV; Mya Lesnar- SP, Discus; McKenzie Duwenhoegger- SP, Discus.	
120.5	Willmar	Kimmy White- 100, 200; Erica Schramm- 400, TJ; Heidi Schmitz- 1600; Leah Hansen- 1600; 4x200: Kimmy White, Jaida Reiman, Erica Schramm, Lleyton Rein. Samantha Christoffer- LJ; Cayle Hovland- SP, Discus.	
117.5	Rocori	Madilyn Nilson- 400; Brynn Sauer- 800; Taylor Terfehr- 300 H; 4x100: Amy Bertram, Emma Langer, Delaney Griffin, Jaden Court. 4x400: Carley Kremer, Amy Bertram, Taylor Terfehr, Jayda Woods. 4x800: Greta Lieser, Carley Kremer, Jayda Woods, Raquel Woods. Maggie Headlee- HJ; Jessa Okeson- HJ.	
91	Brainerd	Delaney Schaeffer- 100 H; 4x100: Gabrielle Smith, Kayla Deason, Madison Genz, Kim Hall. Eden Worden- PV; Cami Harmer- PV; Gabrielle Smith- LJ.	
75.5	Tech	Jodie Lipp- 100, 200, LJ, TJ; Lauren Steinke- 1600.	
53	Sartell	Hannah Spoden- 800; Ingrid Buiceag-Arama- 3200; Colette Jemming- 3200; 4x800: Hannah Spoden, Ingrid Buiceag-Arams, Colette Jemming, Emily Driste.	
40.5	Fergus Falls	Sabrina Fronning- 300 H; 4x200: Vivian Karsnia, Anna Anderson, Sabrina Fronning, Miranda Hoffman. Audrey Mudford- HJ.	
18.5	SRR		
3	Apollo		

Standings		2017	BOYS
111.3	Rocori	Nate Andrusick (100, 4x200, 4x100), Brenden Ott (4x200, 4x100, HJ), Dawson Torborg (4x200, LJ), Jack Young (4x200, 4x100, 200); Gunnar Feldhege (4x100); Brent Heinen (800); Evan Wigham (3200); Zach Libbesmeier (TJ); Derek Thompson (Discus).	
107	Sartell	Alex Nemeth (1600, 800); Nick Juntunen (1600, 800); Ryan Fernholz (400, 4x400); JP Schlecht, Carter Olson, Mitchell Dockendorf (4x400); Danial Ufearo (Shot).	
105	Alexandria	Drew Olson (100, 4x100), Dan Jantzen (4x200), Mike Empting (4x200, 4x100), Nathan Lusty (4x200, 4x100), Cole Wild (4x200, 4x100); Preston Bowden (300 H); Keaton Gruber (3200); Jared Schneider (TJ); Bryce Ludwig (Discus, Shot); Jaran Roste (Shot).	
99.5	Brainerd	Jeff Spieker (110 H, 300 H, 4x400); Zach Henke (110 H, 300 H, 4x400); Ben Renner (200); Matt Cherne, Hunter Turcotte (4x400); Aden Davis (HJ); Devan Liebeg (TJ).	
96	Willmar	4x800; Hudeife Mire (3200); Noah Slagter (LJ); Cam Murphy (Discus).	
60.3	Apollo	Jayden Lister (100, 200); Andrew Timpane (110 H); Noah Kramer (PV).	
55	Tech	Noah Webb (1600); Linus Sebge (HJ); Max Martig (LJ).	
40.8	Sauk R-R	Landry Seaman, Alex Torvik, Chainagubo Balo, Logan Leavey (4x800); Nathan Waldorf (400); Jaden Newbanks (PV).	
27	Fergus Falls	Tyler Hansen (400); Jarrett Huus (PV).	

Standings		2017	GIRLS
191.2	Alexandria	Kelby Olson-Rodel (100, 200, 4x100), Aleah Miller (1600); Hannah Quitmeyer (4x100); Syri Williams (4x100, 100 H, 300 H); Kaye Paschka (4x100, 100 H, 300 H, TJ); JeAnna Miller (HJ, LJ); McKenzie Duwenhoegger (Discus, Shot); Kara Thomson (Discus); Mya Lesnar (Alex).	
155	Willmar	4x800 & 4x400; Kim White (100, 200), Jessa Hanson (1600), Heidi Schmitz (1600, 3200); Sophie Schmitz (800); Jessa Hanson (800); Erica Schramm (200); Kayla Rudie (3200); Abby Teisinger (PV); Bronwyn Tollefson (TJ); Cayle Hovland (Discus).	
107.7	Rocori	Anna Maria Tomovic, Raquel Woods, Jayda Woods (4x800); Amy Bertram, Sade Larson (4x200), Gretchen Houston (100 H); Brynn Sauer (4x200, 800); Morgan Holthaus (4x200, 4x400); Delaney Griffen (4x400); Carley Kremer (4x800, 4x400); Callie Swanberg (4x400); Maggie Headlee (HJ); Jessa Olson (HJ).	
84.5	Brainerd	Sophie Robinson, Kayla Deason, Ally Smith, Jazmin Sunderland (4x800); Gabbie Smith, Ally Smith, Kayla Deason, Jaelyn Kappes (4x100); Cami Harmer (PV); Jaelyn Kappes (LJ); Lilianna Charlier (Shot).	
73.2	Tech	Jodi Lipp, Tech (100, LJ, TJ), Jessica Lidberg (400); Kaethe Schroeder (PV).	
36.2	Fergus Falls	Sabrina Fronning (300 H).	
31.2	Sartell	Ingrid Buiceag-Arama (3200).	
19	Sauk R-R		
3	Apollo		

Standings 2016 BOYS		
177	Willmar	Hudeife Mire, Ian Thompson (4x800); Isaac Kobienia (100, 200); Bello White, Isaac Kobienia, Max Doering (4x200); Nadir Yusuf (1600, 800); Mohamed Noor (1600, 800); Colten Carlson (4x800, 400); Masub Dahir (300 H); Hudeife Mire (3200); Ryan Liimatta (4x200, 4x400); Masub Dahir (4x800, 4x400); Dakota Tjaden (4x400, TJ); Jacob Minnick (4x400, HJ).
130	Sartell	Sam Fandel, Alex Nemeth, Chase Anderson (4x800); Jake Lieberg (110 H, HJ, LJ, TJ); John Schmidt, Logan Jespersion, Devin Vouk, Ethan Stark (4x100); Ryan Fernholz (4x800, 800); Charlie Beckering (PV); Jon Kremer (D); Dan Ufearo (D); Ben Gault (SP).
105.5	Alexandria	Jude Pelowski (110 H, 300 H), Kyle VanderTuin (3200), Josh Molden (TJ, LJ), Bryce Ludwig (SP); Mitchell Meier (300 H); Dylan Larson (SP).
81	Brainerd	Jeff Spieker, Cole Harmer, Ben Renner (4x200); Luke West (400, 4x400); Riley Sloan (4x200, 4x400); Ryan Swartwood, Sam Selisker (4x400); Greg Rider (D).
78	Rocori	Nate Andrusick (100, 4x100, 200); Jack Young (100, 4x100, 200); Noah Lahr (1600); Brent Heiner (3200); Gunnar Feldhege & Sebastian Cantu-Polster (4x100); Brenden Ott (HJ).
46	Apollo	Ethan Novacinski (110 H); Noah Kramer (PV).
42	Tech	Ethan Gray (400); Max Martig (LJ).
29	Sauk R-R	Jaden Newbanks (PV).
15	Fergus F.	

Standings 2016 GIRLS		
227.5	Alexandria	Syri Williams (100 H, 300 H, 4x100); Kaye Paschka (100 H); Kelby Olson-Rodel (100, 4x100); Kaye Paschka (400); Hannah Quitmeyer (100); Sara Wegner (100, 400); Bethany Hasz (1600, 3200); Megan Hasz (1600, 3200); Kelby Olson-Rodel (200, LJ); JeAnna Miller (HJ); Sydney Gray (TJ); Nora Merk (D, SP); McKenzie Duwenhoegger (SP); Madi Gay (4x100); Alayna Gray (4x100).
134	Willmar	Lydia Engle, Leah Hansen, Savannah Anez, Heidi Schmitz (4x800); Haley Mottinger (100 H, PV); Kim White, Erica Schramm, Bronwyn Tollefson (4x200); Sophie Schmitz (4x200, 400, 800); Jessa Hanson (1600); Kayla Rudie (3200); Cayle Hovland (D, SP).
84	Rocori	Callie Swanberg, Anna Maria Tomovic, Carly Kremer (4x800); Morgan Holthaus, Brynn Sauer (4x200, 200, 4x400); Taylor Jude (4x100, 4x200), Sade Larson, Morgan Holthaus (4x100); Jayda Woods (4x200, 800, 4x400); Kaitlyn Wolf (4x100, 4x400), Raquel Woods (4x800, 4x400).
67.5	Brainerd	Cami Harmer (PV); Emma Smith (TJ); Sophie Balster (D).
60	St. C Tech	Carlie Rein (300 H); Jodi Lipp (200, LJ, TJ).
53.5	Sartell	Morgan Gugger (HJ); Lexy Kubasch (HJ, LJ); Rachel Haider (PV).
53.5	Sauk R-Rice	
40	Fergus Falls	Sabrina Fronning (300 H, 4x400); Annie Magnusson (800, 4x400); Emilie Reard, Emily Ratz (4x400).
15	St. C Apollo	

Standings 2015 BOYS		
150	Sartell/St. S.	Jake Lieberg (110 H, 300 H, HJ, TJ); Ethan Kiffmeyer (110 H); Dan Daffinrud (100, 4x100); , Jacob Koltas (4x100, 4x400), John Schmidt, Ethan Start (4x100); Ryan Fernholz 3200); Devin Douvier, JP Schlecht, Ben Fern (4x400); Mitchell Dockendorf (PV); Austin Granzow (PV); Sam Locke (Discus, SP);
114	Alexandria	Joe Gorghuber (110 H, 300 H); Mitchell Meier (300 H); Grant Rudolph (800); Aaron Runge (3200); Mitch Maday (Discus, SP); Dylan Larson (SP);
111	Willmar	DaShawn Russel (100, 4x200, 4x100); Eli Gunderson (4x200), Jack Christianson (4x200, LJ), Max Doering (4x200, 4x100, 200); Mohamed Noor (1600); Nadir Yusuf (1600, 3200); Mike Heitzman (4x100); Colten Carlson (800);
91	Rocori	Sam Schwagel (4x800, 800), Brent Heinen, Mitchell Heinen, Chris Thormodson (4x800); Nate Andrusick (100); Noah Lahr (1600); Jack Young (200); Sam Mackedanz (HJ, TJ);
84.5	Brainerd	David Supinski (400, 200, 4x400), Cole Spieker (400); Steve Severson, Riley Sloan, Luke West (4x400); Josh Bock (PV);
60	St. C. Tech	Cory Rouw, Andrew Weber, Isaac Wieber, Max Webb (4x800); Nicolaj Johson, Max Martig, Ethan Gray (4x200); Joey Froelich (4x200, 400); Jake Mussman (HJ, LJ);
39	Fergus Falls	Hayden Vogel (Discus);
38	St. C. Apollo	Eli Knutson (PV); Nelson Isiba (LJ, TJ);
13.5	Sauk Rapids	

<b>Standings 2015 GIRLS</b>		
129	Rocori	Gretchen Houston (100 H); Emily Rapp (100 H, 300 H); Kaitlyn Wolf (4x200, 4x400), Morgan Holthaus (4x200); Brynn Sauer (4x200, 200, 4x400), Erin Huls (4x200, 300 H); Jayda Woods (1600, 4x400); Callie Swanberg (4x400).
106.5	Alexandria	Patricia Johnson (100); Beth Hasz (1600, 3200); Syri Williams, Leah Huss, Patricia Johnson (4x100); Morgan Melrose (800); Kelby Olson-Rodel (4x100, 200); Cheyenne Hendrickson (Discus).
105.5	Brainerd	Ali Crochet, Lydia Herath, Meritt Miller, Sara Whiteman (4x800, 800); Jenna Degen (100 H, 300 H, HJ, TJ); Mckenna Barnett, Katie Streiff, Bryn Waters, Jazmin Sunderland (4x200); Jaelyn Kappes (TJ); Cami Harmer (PV); Sophie Balster (Discus, SP).
105.5	Sartell/St. S	Madeline Smith, (4x100); Anna Neeser (4x100, HJ, TJ); Mackenzie Dockendorf (PV); Rachel Haider (PV); Lexy Kubasch (4x100, LJ); Chelsea Nies (4x100, LJ); Haley Anderson (SP).
91	Willmar	Kayla Rudie, Lydia Engle, Sam Hanson (4x800, 4x400); Jessa Hanson (4x800, 1600, 4x400); Kirah Kessler-Gross (100); Sophie Schmitz (400, 800, 4x400); Erica Schramm (4x400); Cayle Hovland (Discus).
80	St. C Tech	Jodi Lipp (100, 400, 200, LJ); Grace Akubue (SP).
39	Sauk Rapids	Paige Sunstrom (3200); Tessa Voss (PV).
24	St. C Apollo	Selena Weigel (400); Brianna Scott (HJ).
20	Fergus Falls	Paige Larson (3200).

<b>Standings 2014 BOYS</b>		
134	Brainerd	Grant Reuer (100, 4x200); David Supinski (200, 400, 4x400); Carey Rezac (400, 4x200, 4x400); Nick Schwen (300 H, 4x400); Justin Kuglin (PV); Logan Davis (LJ, 4x200); Cole Smith (TJ, 4x200); Bill Desrocher (SP), Ryan Votruba (4x400)
115	Alexandria	John Vogeler (100, LJ); Mitch Peck (200, 110 H, 300 H); Aaron Runge (3200); Collin Guetter (Dis); Joseph Gorghuber (110 H)
99	Sartell/St. S.	Blake Anderson (3200); Jake Lieberg (HJ, TJ); Trevor Nordlund (PV); Sam Krauel (PV), Dan Daffinrud, Tom Bearson, Jacob Koltas, Shawn Sullivan (4x100)
93	Willmar	Chris Cunningham (200, 4x200); Colten Carlson (400, 4x800); Tom Seifert (800, 1600); Jordan Linde (HJ), Derik Peterson, Eli Gunderson, Isaac Thompson (4x200), Nick Coquet, Austin Miley, Sam Anez (4x800)
74	St. C. Tech	Wade Krueger (1600); Matthew Boettcher (110 H, 300 H); Jesse Joiner (Dis), Joe Froelich Max Webb Jake Ohrlein. Matt Boettcher (4x400)
60	Rocori	Josh Peterson (800, 1600); Sam Mackedanz (HJ, TJ), Sam Schwagel, Tony Bertram, Joel Taft, Evan Wigham (4x800)
49	St. C. Apollo	Andy Tollefson (800); Ben Miller (SP, Dis)
44	Sauk Rapids	Brandon Morrison (100, LJ, 4x100), Bobby Wittowski, Rashad Wichterman, Josh Tomporowski ((4x100)
34	Fergus Falls	Connor Danielson (3200); Al Suek (SP)

<b>Standings 2014 GIRLS</b>		
150	Alexandria	Wensia Johnson, (100, 200, LJ); Madelyn Urman, (100, 200, 400) ; Bethany Hasz, (800, 1600); Megan Hasz, (3200); JeAnna Miller, (HJ); Karly Betterman, (TJ, 4x100), Tahlia Bowden, Tayler Kaufman, Leah Huss (4x100)
115	Sartell/St. S	Sophie VanSurksum (100 H, 4x400); Maddie Meier (300 H, 4x400); Kia Grindland (HJ, TJ); Mackenzie Dockendorf, (PV, 4x800); Haley Anderson, (Dis), Emily Schmidt, Lexy Kubasch, Katie Stuttgarten, Chelsea Nies (4x100), Anna Lindstrom (4x400, 4x800), Shelby Hall (4x400, 4x800), Kayla Larsen (4x800).
100	Rocori	Megan Lahr (400, 4x200); Jayda Woods (800, 4x800); Erin Huls (100 H, 300 H); Emily Rapp (100 H); Emily Waletzko (SP), Palmer Frantti (4x200), Morgan Holthaus (4x200), Brynn Sauer (4x200), Elle Anderson (4x800), Raquel Woods (4x800), Kristin Mehr (4x800).
96	Willmar	Sopghie Schmitz (400, 800); Sam Hanson (1600); Jessa Hanson (3200); Haley Mottinger (PV); Bailey Hovland (Dis)
92	St. C Tech	Jodi Lipp (200, LJ, 4x200, 4x400); Lauren Steinke (1600, 3200); Megan Parries (HJ); Miranda Simon (300 H, 4x200, 4x400); Grace Akubue (SP); Kaelyn Angell (4x200, 4x400), Rachel Eveavold (4x200); Kalley Thompson (4x400)
78	Brainerd	Beth Etterman (PV); Sophie Balster (SP, Dis)
40	Fergus Falls	Brianna Rassmusson (100, LJ, TJ)
21	Sauk Rapids	
10	St. C Apollo	

Standings		2012-13	BOYS
129	Sartell/St. S	Drew Voshell (100, 4x100), Blake Anderson (3200), Josh Lieberg (HJ, LJ, TJ, 4x100), Alex Haima (HJ), Trevor Nordlund (PV), Jake Lieberg (TJ), Quinn Anderson (Discus), Braden Doucette & Hodari Johnson (4x100).	
127	Brainerd	Taylor Huber (110H), Grant Reuer (100), Carey Rezac (400), Taylor Huber (300), Nick Schwen (300), Davis Logan (200), Cole Smith (TJ), Jon Asprey (Discus), Jon Asprey (SP). 4x100: Isaiah Smith, Logan Davis, Cole Smith, Grant Reuer. 4x200: Cole Smith, Grant Reuer, Carey Rezac, Logan Davis. 4x400: Nick Schwen, Taylor Huber, Tony Sauer, Carey Rezac.	
111	Willmar	Chris Cunningham (100, 200, LJ), Tom Seifert (1600), Connor Haugen (800), Jordan Linde (HJ). Nick Coquyt, Colton Carlson, Jeff Castro, Ryan Sawyer (4x800).	
86	Rocori	Brandon Overman (110H), Jake Huber (400), Josh Peterson (800), 4x800: Josh Peterson, Chris Molitor, Mitchell Heinen, Eric Janssen. 4x200: Matt Dircks, Levi Klein, Stefan Tomovic, Ryan Tong. 4x400: Stefan Tomovic, Levi Klein, Brandon Overman, Jake Huber.	
78	St.C. Apollo	Isaiah West (110H), Eli Knutson (400), Jordan Theisen (PV), Jeremy Koffi (LJ), Ben Miller (SP)	
73	Alexandria	Zac Bartolomeo (1600, 800), Mitch Peck (300), Nathan Huss (200), Colin Guetter (Discus), Aaron Steidl (SP)	
49	St. C. Tech	Wade Krueger (1600, 3200)	
31	Fergus Falls	Connor Danielson (3200)	
18	SRR	Malachi Fleck (PV)	

Standings		2012-13	GIRLS
1	Brainerd	Ryan Courtney (100), Sarah Yeh (1600, 800), Allison Kosobud (400, 800), Jenna Degen (TJ), Sophie Balster (Discus, SP). 4x400: Allison Kosobud, Sarah Yeh, Jenny Hendrickson, Sophie Campbell. 4x100: Chels Gould, Courtney Ryan, Kassandra Galema, Taylor Cadwell. 4x800: Ali Crochet, Abbielle Selisker, Jennifer Hendrickson, Sarah Whiteman.	
2	Willmar	Rose Jackson (100, 200, LJ, 4x200), Samantha Hanson (1600, 800), Sophie Schmitz (400), Miranda Roelofs (300H, 4x200), Haley Mottinger (PV), Bailey Hovland (Discus), Sami Doering & Shelby Schneider (4x200).	
3	Sartell/St. S	Maddie Meier (100H, 300H), Sophie Van Sucksum (100H), Ashton Haider (400), Shelby Hall (3200), Kelsey Mohlenkamp (HJ), Jenisa Cash (PV), Rachel Haider (PV).	
4	Alexandria	Wensia Johnson (100, 200, LJ), Megan Hasz (3200), Briquelle Bowden (HJ), JeAnna Miller (HJ), Karly Betterman (TJ). 4x100: Wensia Johnson, Gabrielle Koel, Anna Spanbauer, Madelyn Urman.	
5	St. C. Tech	Jodi Lipp (200, LJ), Grace Akubue (SP). 4x200: Jodi Lipp, Jessica Ambrosch, Kaelyn Angell, Justice Callahan. 4x400: Justice Callahan, Kaelyn Angell, Jodi Lipp, Miranda Simon.	
6	Rocori	Erin Huls (100H, 300H). 4x800: Kennedy Heinen, Maggi Gerkten, Jayda Woods, Elle Anderson.	
7	Fergus Falls	Brianna Rasmusson (TJ), Samantha Velde (Discus, SP).	
8	Sauk RR	Sam Sunstrom (1600, 3200).	
9	St.C. Apollo		

Standings		2011-12	BOYS
172.5	Sartell	Parker Kohlman 4x800, 800; Anthoni Morrow 4x800, 4x400; Jacob Yapp 4x800; Taylor Lauermann 4x800, 800, 4x400; Matt Davis 4x200, 400, 4x400; Josh Lieberg 4x200; Isaac Siekawitch 4x200, 4x100; Brett Schultz 4x200, 400, 4x400; Tyler Broadwell 1600, 3200; Malcolm Cooper 4x100; Shawn Sullivan 4x100; Eric McAfee 4x100;	
127	Brainerd	Jackson Walters 110H; Grant Reuer 100; Taylor Huber 300; Nick Oldham 200;	
75	Sauk R-R	Matt Huberty 100, 4x100, 4x200; Zach Haffner 4x200, 4x100; Brandon Landowski 4x200, 4x100; Jake Lynch 4x200, 4x100, 300;	
72	Willmar	Tom Seifert 800; Chris Cunningham 200;	
70	Fergus Falls	Sam Wasberg 4x800; Billy Eerdmans 4x800; Connor Danielson 4x800, 3200; Zach Haus 4x800, 1600; Dominic Jones 100;	
67.5	Rocori	Brandon Overman 110H, 300; Jake Huber 400, 4x400; Sam Kuss 4x400; Trek Frantti 4x400; Brandon Overman 4x400;	
52	Alexandria	Lee Klein 200; William Sieling 3200;	
36	St. C. Tech	Wade Krueger 1600;	
30	St. C. Apollo	Isaiah West 110H;	

<b>Standings 2011-12 GIRLS</b>		
149	Sartell	Sophie VanSurksun 100H; Maddie Meier 100H, 300; Mackenzie Dockendorf 1600; Ashton Haider 800;
139	Alexandria	Bethany Hasz 4x800, 3200; Julia Sieling 4x800; Melissa Drown 4x800; Karly Betterman 4x800; Wensia Johnson 100, 200, 4x100; Jamie Piepenburg 1600, 3200; Megan Hasz 1600; Gabrielle Koel 4x100; Briquella Bowden 4x100; Madelyn Urman 4x100;
104.5	Brainerd	Chloe Miller 100H; Hannah Lundstrom 100; Allison Kosobud 400, 800; Ryan Courtney 200;
102.5	Willmar	2 <sup>nd</sup> in 4x800; 2 <sup>nd</sup> in 4x200; Rose Jackson 100, 200; Shelby-Lyn Schneider 400; Sam Hanson 800;
58	Fergus Falls	Haylie Zenner 400, 4x400; Lauren Norgren 4x400; Annie Magnusson 4x400; Callie Ann Hoffbeck 4x400;
54.5	Rocori	Mara Jungels 4x200; Erin Huls 4x200, 300, 4x100; Palmer Frantti 4x200, 4x100; Kayla Lindell 4x200, 4x100; Jamie Phillips 4x100;
46.5	St. C. Tech	Miranda Simon 300, 4x400; Nyapal Miyoang 4x400, Justice Callahan 4x400, Kristin Wurm 4x400;
28	St. C. Apollo	
20	Sauk R-R	Samantha Sunstrom 3200;

<b>Standings 2010-11 BOYS</b>		
169	Alexandria	Ben Vickstrom 100, 200, 400; Dan Gorghuber 110H, 300H, 4x400; Tanner Thomson, discus; Andy Werk, shot put; Felix Coleman, PV, 4x100, 4x400; Mike Huss, 4x100 & 4x400; Zac Bartholomeo, 1600, 800; Kreg Anderson, 4x800; Mitch Evink, 4x800; Dylan Koenig 4x800, 4x400; Jimmy Lovrien, 3200; Mitch Ronning, 4x800; Dylan Galligan, 4x200, 4x100; Derek Goracke, 4x200, 4x100; Lee Klein, 4x200; Zach VanOrsdel, 4x200.
111.5	Brainerd	Jackson Walters, 110H; Jordan Hayes 100, 4x200, 4x100; Jack Luke 4x200, Joe Nelson & Dan Lauer, 4x200, 4x100, 200; Charles Kassulker, Discus; Nate Parsons, LJ.
92.5	Fergus Falls	Dominic Jones, 100; Keeghan Hurley 1600; Mike Hurley 400; Zach Haus 400; Chase Johansen, SP; Nathan Cole, TJ, LJ
89.5	Sartell	Kjell Mann 800; Tyler Broadwell, 3200; Jesse Scheiterlein, Dis; Josh Lieberg, TJ; Pat Fischer, HJ; Tanner Nordlund PV
69	Willmar	Mowlid Mohamed, Derek Ballandbey, Anders Byberg, 4x800; Muhumed Abdullahi 1600, 4x800; Anders Byberg 3200; Bennet Woltjer, PV.
58	Little Falls	Luke Pennington 300H, 4x400; Derek Toso, Devin Okerman, Elliot Kohler 4x400; Elliot Kohler, LJ; Cavasio Edwards, HJ.
36	Rocori	Mark Pederson, 110H, 300H;
28	St. C. Tech	Brady Brouwer, Sam Coulter, Wade Krueger 4x800; Isaac Shella-Stevens, 4x800, 800; Paul Kaczor, SP;
26.5	Sauk R/R	
22	St.C. Apollo	Simon Krych, Triple Jump, High Jump.

<b>Standings 2010-11 GIRLS</b>		
157	Alexandria	Rosey Erickson, 100, 200, LJ, TJ; Jamie Piepenburg, 1600, 3200; Joie Warnes, 100H; Joie Warnes, TJ; Briquella Bowden, HJ; Madi Urman, 100; Alli Haar, HJ.
106	Brainerd	Megan Holmes, 1600, 800; Hannah Lundstrom, Taylor McElfresh, Shelby Zimmerman, Courtney Ryan – 4x100; Allison Kosobud, 800; Sydnie Mauch, SP; Rachel Bartosh, SP; Sydnie Mauch & Toni Terwilliger, Discus.
100.5	Sartell	Anna Lindstrom, Kiley Sullivan, Ashton Haider – 4x800; Brandi Bollig, 100H, 300H, TJ; Maddie Meier, 300H; Allie Rengel, 4x800, 800; Mackenzie Dockendorf, 3200; Mikayla Dockendorf, PV.
71	Willmar	Kaitlyn Lawler, Sam Hanson, Liz Marshall, Cass Johnson, 4x800; Brit Anderson, Sam Bierbuam, 4x200; Baylie Young, 100H; 4x200; Shelby-Lyn Schneider, 400, 4x200; Rose Jackson, 100, 200, LJ.
66	Fergus Falls	Lizzy Link, 4x200; Callie Hoffbeck, 4x200, 4x400; Haylie Zenner, 400, 4x200, 4x400; Lauren Norgren, 4x400; Samantha Velde, Discus.
48	Little Falls	Manon Gammon-Deering, 1600, 3200; Amber Hines, SP; Rachele LeBlanc, PV.
47.5	Rocori	Palmer Frantti, Jamie Phillips, Emily Brown, Briana Traut – 4x100; Erin Huls, 300H; Briana Traut, 200.
41	St. C. Tech	Justice Callahan, 400; Erin Stout, Nyapal Miyoang, Justice Callahan, Kristin Wurm – 4x400.
39	Sauk Rpd/R	Chelsey Bethke & Michole Timm, Pole Vault.
26	St. C. Apollo	Chantel Midas, Long Jump; Amanda Stangler, High Jump.

Standings		2009-10	BOYS
145	Alexandria	Dan Gorghuber (110H, 400, 200); Ben Vickstrom (100, 200, 400 relay); Michael Huss (400 & 1600 relay), Jordan Erickson, Michael Joerger (400 relay); Mitch Ronning (800, 1600 relay); Austin McCoy (3200); William Sieling (3200); Clayton Cozad (1600 relay), Felix Coleman (1600 relay, PV); Andrew Werk (shot); Robert Guetter (shot, discus); Tanner Thomson (discus)	
122	Brainerd	James McLean, Alek Rudstrom, Jeff Emery, Chris Knutson (3200 relay); Jordan Hayes (100, 800, 400 relay); Joe Nelson (400 & 800 relay, LJ), Jacob Goodew, Dan Lauer (800 relay); Jimmy Dean (1600); Dan Lauer (400 relay, 200), Nate Gervenak (400 relay); Nate Parsons (LJ); Barry Nelson (PV)	
122	Sartell	Ryan DeRoek (110 H); Brent Orndorff (800 & 1600 relay), Josh Kremer, David Grow, Justin Lieberg (800 & 1600 relay); Sean Mann (800, 1600 relay); Kjell Mann (1600 relay); Matt Gault (shot); Justin Lieberg (TJ); Mike Wistrom-HJ	
81	Little Falls	Preston Zimny (1600); Derek Toso (400); Luke Pennington (300 H); Elliot Kohler (800, LJ); Cavasio Edwards (HJ)	
56	Willmar	C J Seifert (1600, 3200 relay), Anders Byberg, Dan Voss, Mowlid Mohamud (3200 relay); Matthew Weitzel (3200)	
43	Tech	Mitchell Franzwa (110H); Eli Fark (400)	
38	Fergus Falls	Jesse Kipp (300 H); Lars Ronnevik (discus); Nathn Cole (TJ)	
36	SRR	Nick Weis (100, PV)	
31	St.C. Apollo	Simon Krych (TJ, HJ)	
28	Rocori	Mark Pederson (300 H)	

Standings		2009-10	GIRLS
128.5	Brainerd	Sophie Campbell, Allison Kosobud, Megan Holmes, Anna Gessell (3200 relay); Kelsi Ring (100 H, 400 relay, TJ); Madison Smith (100 & 300 H); Hannah Lundstrom, Allison Reuer, Courtney Ryan (400 relay); Sydnie Mauch (shot)	
114	Sartell	Ashton Haider, Allie Rengel (3200 relay); Haley Schuchard (100, 400 relay, LJ); Brianna Steinkamp, Grace VanSurksun, Laura Nielson (400 relay); Hannah Kellerman (3200 relay, 800); Heidi Peterson (3200 relay, 3200); Andrea Whitney (TJ, HJ)	
91	Little Falls	Emily VanHeel (100, 400, 200, TJ); Manon Gammon-Deering (1600); Mattia Hendrickson (3200); Amber Hines (shot, discus); Mariah Burns (HJ); Rachele LeBlanc (PV)	
82	Alexandria	Rosey Erickson (100 H, 400, 200, LJ); Jamie Piepenburg (1600); Chelsey Richardson (3200)	
64	Fergus Falls	Karlee Kosak, Lizzy Link, Chloe Kretchman (800 relay); Haylie Zenner (800 relay, 800); Susie Kitzman (HJ)	
63	Willmar	Miranda Roelofs (300 H, 1600 relay); Erin Sheehan, Shelby-Lyn Schneider, Caitlin Fritz (1600 relay); Marianne Erickson (discus)	
53	St. C. Tech	Stephanie Strandberg, Brin Stout, (800 relay); Erin Stout, Kristin Wurm (1600 relay); Justice Callahan (800 & 1600 relay); Rachel Bailey (800 & 1600 relay); Kelly Morford (shot, discus)	
41	St.C. Apollo	Moriah Novacinski (1600, 800); Chantel Midas (400, LJ); Bo LoFountaine (PV)	
36	Sauk Rpds/R	Rachel Wotzka (100, 300 H); Emmy Hauck (PV)	
29.5	Rocori	Briana Traut (200)	

Standings		2008-09	BOYS
151	Brainerd	Jimmy Dean, Chris Knutson, James McLean, Aaron Thompson (4x800); Dakota Swenson (110 H); T J Struss (100, 200, 4x100, LJ); Colby Ring (4x200, 4x100), Alex Rahn (4x200, 4x100, 400), Chris Swanson (4x200, 4x100), Dan Lauer (4x200); Tom Ruttger (1600); Gil Millette (300 H); Jacob Westphal (300 H); Joe Nelson (LJ); Philip Yeh (TJ).	
123	St. C. Tech	Lee Dhein (100, 4x200, 200, LJ); Ian Krafnick (4x200, 400, 4x400), Chad Lahr (4x200, 4x400), Matthew Kippley (4x200); Jordan Lewis (300 H, 4x400); Modi Emmanuel (3200); Eli Fark (4x400); Lul Chuk (HJ); Mark Kaczor (Discus, SP).	
96	Sartell	Bradye Lipp (100, 4x100); Josh Yapp (1600); Nick Rengel, Josh Kremer, David Grow (4x100); Matt Scherber (3200); Evan Ziegler (HJ); Justin Lieberg (TJ).	
91	Alexandria	Dan Gorghuber (400); Drew Paradis (3200); Tom Quist, James Ahlquist (Discus, SP), Robert Guetter (SP)	
89	Sauk Rapids/Rice	Brandon Heddens (1600, 4x400); Tom Kuefler (800, 4x400); Adam Thelen (200, 4x400); Kiwon Bates (4x400); Nick Weis, Sergey Usovich, Chris Geving (PV).	
40	Little Falls	Noah Hecht (110 H); Elliot Kohler (800); Elliot Kohler (HJ).	
40	Willmar	Steve Kluver (110 H); CJ Seifert (800).	
38	Fergus Falls	Simon Erlandson (TJ).	
29	St.C. Apollo	Tim Rydberg, Justin Boldt, Andrew Humbert, Liban Musse (4x800).	
5	Rocori		

<b>Standings 2008-09 GIRLS</b>		
145	Brainerd	Kelsi Ring (100 H, TJ), Madison Smith (100 H, 300 H); Allison Reuer (100); Megan Holmes (1600); Hannah McAllister (400, 800); Tina Borgstrom (400); Sam Smith (PV, LJ, TJ); Rachel Bartosh (Discus).
119	Sartell/St. Stephen	Hannah Kellerman (4x800, 1600), Heidi Peterson (4x800, 3200), Ali Anderson, Ashton Haider (4x800); Brianna Steinkamp (100, 4x100); Dayna Schleppebach, Brandi Bollig, Laura Nielson (4x200, 300 H, HJ); Haley Schuchard (4x200, 4x100), Maddie Bearson, Rose Riordan (4x100); Andrea Whitney (HJ, TJ).
104	Alexandria	Valerie Smith, Katie Iverson (4x800), Tess Boucher (4x800, 3200); Rosey Erickson (100, 400, 200, PV); Jamie Piepenburg (4x800, 3200); Mallory Stier (SP).
80	St. C. Tech	Clare Murn ((4x200, 4x100, 4x400, LJ), Erin Stout (4x200, 4x100, 4x400), Alise Post (4x200, 4x100, 4x400, PV), Rachel Bailey (4x200, 4x100); Megan Gray (300 H); Kirsti Klaverkamp (4x400).
67	Willmar	Erin Sheehan (800); Mary Erickson & Ashley Hutton (Discus, SP).
46	Fergus Falls	Haylie Zenner (800, 4x400); Lizzy Link, Susie Kitzman, Kylie Zenner (4x400).
46	Little Falls	Jackie Thelen (100 H); Emily VanHeel (400, 200).
37.5	St.C. Apollo	Sara Schmitt (100 H); Moriah Novascinski (1600); Chantel Midas (200); Amanda Stangler (HJ).
29	Rocori	Sarah Aaseth (Shot Put).
28.5	Sauk Rpd/R	Carly Braun (100); Emmy Hauck (PV).

<b>Standings 2007-08 BOYS</b>		
167.5	Brainerd	Ryan Barnes (110 H, HJ), T J Struss (100, LJ), Luke Delaney (1600, 3200), Tom Ruttger (1600, 800), Mitch Lorenz (400, 800), Tom Lyscio (Discus, Shot), Scott Ramey (Discus)
116	Sartell	Logan Schwinghammer (110 H & 300 H), Brent Orndorff, Mike Nielson, (4x200, 4x100 relays), Josh Kremer (4x200 relay), David Grow (4x100 relay), Nick Rengel (4x200, 4x100 relays, 200), Mike Nielson (HJ), Brian Fischer (PV), Brent Hansen (LJ, TJ), Tim Binsfeld (Shot)
85.83	Tech	Otis Morris (100, 4x100 relay), Jordan Lewis (4x100 relay, 300 H), Charles Klaverkamp, Lee Dhein (4x100 relay, 200), Tung Chuol, Taylor Johnson, Jon Froelich, Ian Krafnick (4x400 relay), Mark Kaczor (Discus), Eli Kelley (Shot)
79.5	Alex	Dan Gorghuber (400), Travis Kloehn (300 H), Drew Paradis (3200), Jack Trebelhorn (TJ), Charlie Warnes (TJ), Travis Kloehn (PV)
68.33	Willmar	Jordan Schalmo (110 H), Andrew Nicklawsky (1600, 4x800 & 4x400 relays), Mahad Hassan (3200, 4x800 relay), Abshir Ahmed (4x800 relay), David Reeb, Branden Jahnke (4x400 relay), Zack Coquyt, (4x800, 4x400 relays)
55.33	SRR	Grady Anderson (400), Nick Weis (PV)
55	Apollo	Liban Musse (4x800 relay, 800), Alex Westhoff (4x800 relay, PV), Tim Rydberg, Andrew Humbert (4x800 relay), Michael Iverson, Kendall Smith, James Iverson, James Stewart Jr (4x200 relay), Kendall Smith (HJ)
46	Rocori	Zach Bork (100, 200, LJ)
18.5	Fergus Falls	
10	Little Falls	

<b>Standings 2007-08 GIRLS</b>		
158.5	Tech	Caitlin Dhein (100, 200, 4x100 relay), Kirsti Klaverkamp (4x200, 4x400 relays, 400), Katelyn Bailey (4x200 relay, 400), Tasha Harr (4x200, 4x100 relays), Amanda McKee, (4x200, 4x400 relays, 300 H), Rachel Bailey (4x100, 4x400 relays), Clare Murn, (4x100), Megan Gray (300 H), Alise Post (4x400, PV), Stephanie Strandberg (TJ), Kelly Morford (Shot)
157	Brainerd	Anna Gessell, Courtney Wing, Kacie Bahr, Katherine Mueller (4x800 relay), Kelsi Ring (100, TJ), Madison Smith (100, 300 H, TJ), Megan Holmes (1600), Hannah McAllister (1600, 800), Jodi Larson (PV), Allison Reuer (LJ), Alex Ford (Discus)
98	Alex	Chelsey Richardson (4x800 relay, 1600), Jamie, Piepenburg (4x800 relay, 3200), Katie Roos (4x800, 4x400 relays), Tess Boucher, (4x800 relay, 3200), Rosey Erickson (100, 200, 4x400 relay, LJ), Annie Trebelhorn, Amy Briol (4x400)
72.5	Sartell	Sienna Kuhn, Brianna Steinkamp, Dayna Schleppebach, Rose Riordan (4x100 relay), Sarah Schellinger (800), Heidi Peterson (3200), Andrea Whitney (HJ), Laura Nielson (HJ), Kelsey Sauerer (Discus)
68.5	Willmar	Brianna Fernholz (200), Shelby Morton (HJ), Brooke Feichtinger (PV), Sarah Erickson (Discus), Greta King, Bri Fernholz, Abby Switzer, Chrissy Boros (4x200 relay)
42	Little Falls	Jackie Thelen (100 H, LJ), Emily VanHeel (100),
32	Apollo	Jamie Holub (Discus, Shot)
30	Fergus Falls	Haylie Zenner (800)
25	Rocori	Mandy Heinen (400)
18.5	SRR	



<b>Standings 2006-07 BOYS</b>		
162	Willmar	Kaafi Adeys (800, 1600, 1600 relay), Mahad Hassan (3200), 1600 relay, Cory Hanson (TJ), Andy Boersma (200), Adam Schow(Discus), Abdi Awale (400, 800, 4x400), Zack Coquyt (400, 4x400 & 4x800), Mustafa Yusuf (800, 1600, 1600 relay), Mohamed Bedel (3200, 4x800), Jordan Schalmo (300 H), Andrew Nicklawsky (4x800), Abshir Ahmed (4x800)
121	Brainerd	Tyler Hanson (400, 3200 relay), Ryan Barnes (HJ, 110 H), Darin Underhill (SP), Justin Tyner (1600, 3200 relay), Tom Lyscio (SP), Tyler Rose, Luke Delaney, Mitch Lorenz - 3200 relay, Alex Rahn, Tom Thurstin, Steve Ramerth, Colby Ring - 800 relay)
95	Sartell	Evan Griffin (110 H), Logan Schwinghammer (300 H, 110 H, 1600 relay), Nick Rengel (4x200), Brenden Russ (800 relay), Mike Nielson (800 relay, HJ), Shane Nies (800 & 4x400), Mike Nielson (1600), Bryan Fischer (4x400, PV)
79	Alexandria	Mitch Tebben (400 relay), Brad Langenfeld (400 relay), Grady Ries (400 relay), Jack Trebelhorn (400 relay, 100, TJ, LJ), Drew Paradis (3200), Charlie Warnes (TJ)
64	Sauk Rapids/R	Kris Strang (100, 200), Casey Kedrowski (PV), Mitch Rau (300 H), Zach Rudolph (PV)
50	Tech	Mark Kaczor (Discus), Otis Morris (100), Kyle Hedlund (SP)
45	Apollo	Luke Skay (200), Michael Iverson, James Iverson, Luke Skay (400 Relay), Kendall Smith (400 relay, HJ)
36	Rocori	Zach Bork (Long Jump)
31	Little Falls	Alex Farber (Long Jump)
19	Fergus Falls	

<b>Standings 2006-07 GIRLS</b>		
140	St.C. Tech	Alise Post (400, 200, PV, TJ), Megan Gray (300 H, 1600 relay), Rachel Bailey (400 relay), Katelyn Bailey (800 relay), Katlyn Stout (400, 800 & 1600 relay), Tasha Harr (800 relay), 1600 relay, Caitlin Dhein (100, 400 & 800 relay), Clare Murn (100, 400 relay), Kirsti Klaverkamp (400, 1600 relay), Amanda McKee (1600 relay), Becky Wipper (PV)
134.5	Brainerd	Hannah Mcallister (800), Robyn Wernberg (Shot put, Discus), Megan Holmes (1600), Maggie Freiday (LJ), Kelsi Ring (TJ), Alicia Niemi (Discus), 1600 & 3200 relays: Katherine Mueller, Kacie Bahr, Megan Holmes, Hannah McAllister
106.5	Willmar	Brianna Fernholz (100, 200, 400 relay, HJ), Jayne Cole (3200), Brin Hanson (300 H), Sarah Erickson (Discus), Shelby Morton (HJ), 400 Relay: Ashley Hutton, Mariel Aamot, Chrissy Boros, 3200 relay: Sarah Hund, Erin Sheehan, Ashley Wigton, Ashley Bach
75	Sartell	Hannah Kellerman (1600), Heidi Peterson (3200), Sarah Schellinger (800, 800 relay), Dayna Schleppebach (800 relay), Bri Plombon (800 relay, LJ), Brianna Steinkamp (800 relay)
61	Sauk Rapids/R	Katie Tim (TJ), Jana Prow (3200), Kayla Deters (100 H, HJ, PV)
54	Alexandria	Rosey Erickson (LJ, 200), Annie Trebelhorn (300 H), Chelsey Richardson (1600)
51	Little Falls	Katherine Harms (HJ), Jackie Thelen (100 H)
44	Fergus Falls	Kylie Zenner (400), Haylie Zenner (800), Deveny Moore (Shot Put)
28	Apollo	Sara Dalton (100 H), Jamie Holub (Shot Put)
8	Rocori	

<b>Standings 2005-06 BOYS</b>		
125	Willmar	Andy Boersma (200, 4x100), Eric Hillenbrand (400, 4x400), Kaafi Adeys (1600, 3200), Michael Switzer (3200), Brandon Jahnke (4x400), Abdi Awale (800, 1600, 4x400), Paul Kimpling (110H, 300H, 4x100), Andrew East (4x100), Zack Kjolsing (4x100), Zack Coquyt (4x400), Mustafa Yusuf (4x800), Mahad Hassan (4x800), Mohamed Bedel (4x800), Andrew Nicklawsky (4x800).
123	Brainerd	James Strand (200, 300H.), Justin Tyner (3200, 4x800), Mike Giese (110 H, TJ), David Beilke (PV, 4x100), Luke Olson (4x100), Riley Cullinane (4x100), Scott Badeaux (4x100), Justin Anderson (4x800), Blake Alguire (4x800), Titus Goodew (4x800)
92	Alexandria	Derek Ludwig (100, 200, 400), Ben Wilson (800, 1600), Mitch Bruzik (SP)
87	Sartell	Nick Rengel (100, 4x200), Mike Nielson (HJ), Josh Dornbush (LJ, 4x200), Matt Wistrom (TJ, 4x200), Steve Herold (SP), Dan Weihrauch (D), Shane Nies (4x200)
86	Tech	Edgar Kirabira (300H, HJ), Lee Kersting (TJ), Jared Collins (SP), Logan Hollenkamp (D), Henry Giles (D)
68	Sauk Rapids/R	Kris Strang (100), Michael McConnell (800), Casey Kedrowski (PV), Zach Rudolph (PV)
60	Fergus Falls	Derek Meyer (400, 4x200, 4x400), Kyle Garrahan (110 H), Brooks Toso (HJ), Carl Carpenter (4x200, 4x400), Kyle Kosak (4x200, 4x400), Steve Hoffmann (4x200, 4x400)
23	Little Falls	Alex Farber (LJ)
20	Rocori	Zach Bork (LF)
18	Apollo	

Standings	2005-06	GIRLS
155.2	Brainerd	Kayla Lauer (100, 200, 4x200), Megan Holmes (1600, 4x800), Anna Gessell (3200, 4x800), Jenna Dean (3200), Carissa Schmidt (3200), Mary Petersen (100H), Lauren Deyo (PV), Robyn Wernberg (D), Alicia Niemi (D), Aani Rangen (4x200), Kelly Rosenthal (4x200), Tina Borgstrom (4x200), Kacie Bahr (4x800), Hannah McAllister (4x800)
124.4	Tech	Caitlin Dhein (100, 4x100), Alise Post (400, TJ, 4x400), Chelsey Klein (300H), Becky Wipper (PV), Tasha Harr (4x200), Meredith Kaczor (4x400), Clare Murn (HJ, 4x100), Katelyn Bailey (4x200), Joy Heysse (SP), Jessie Fark (4x100, 4x200, 4x400), Amanda Eggebrecht (4x100, 4x200), Amanda McKee (4x400)
86.2	Willmar	Brianna Fernholz (100, 200, 400), Brianna Fernholz (HJ), Dana Guetter (4x400), Hannah Okins (4x400), Gretz King (4x400), Erin Sheehan (4x400)
81	Sartell	Sarah Schellinger (400), Hannah Kellerman (800), Heidi Peterson (1600), Bri Plombon (LJ, 4x100), Kassandra Nathe (LJ, 4x100), Dani Forsman-Earl (SP), Kelsey Sauerer (D), Dayna Schleppeback (4x100), Lindsey Waytashek (4x100)
79	Little Falls	Megan Meyer (1600), Jackie Thilen (100H, 300H), Katherine Harms (HJ, LJ), Melanie Vanheel (TJ)
44.2	Rocori	Courtney Malikowski (300H), Angie Feldhege (HJ), Shelly Tippelt (SP)
44	Sauk Rapids/R	Kayla Deters ((100H, PV), Katie Timm (TJ)
43	Fergus Falls	Anna VanWechel (800, 4x800), Anna Rengel (4x800), Hannah Draxten (4x800), Kylie Zenner (4x800)
33	Alexandria	Rosy Erickson (200), Katelyn Ellison (800)
12	Apollo	

Standings	2004-05	BOYS
117	Brainerd	Chris Woodard (4x800, 3200), Ty Hunt (4x800), Nick Mangan (4x800), Luke Delaney (4x800), James Strand (110 H, 4x400), Scott Badeaux (4x200), Riley Cullinane (4x200), David Beilke (4x200), John Habermann (4x200), James Strand (300), Joe Anhalt (4x400), Matt Posch (4x400), Tyler DeRosier (4x400), Nick Edwards (PV), Tim Yeh (TJ), Will Kassulker (Discus)
98.5	Little Falls	Travis Fedor (100, 4x100, HJ), Jonathan Stoltman (1600, 800), Getty Buckner (4x100), Andre LeBlanc (4x100), Adam Jendro (4x100), Brady Klooster (400), Chad Koefed (300), Alex Farber (LJ), Andy Hegna (Discus)
92	Alexandria	Sam Husten (4x800), Michael Lanes (4x800), Robby Lanes (4x800, 4x400), Mitch Gesell (4x800, 800, 4x400), Derek Ludwig (100, 200), Derek Ludwig (400), Ben Kitt (200, 4x400), Griffin Sonstegaard (4x400)
92	Willmar	Paul Kimpling (110 H), Kyle Eckhoff (1600, 3200), Paul Kimpling (300), Abdi Awale (800), Zac Kjolsing (LJ)
90	Tech	Yahya Iman (1600, 3200), Rick Cameron (HJ), Lee Kersting (TJ), Giles Henry (Discus), Micah Collins (Shot), Jared Collins (Shot)
88.5	Sartell	Noah Ferche (110 H, HJ), Josh Dornbush (4x200), Nick Lodermeier (4x200), Tyler Becker (4x200), Andy Demuth (4x200), Andy Demuth (400), Alex Lauer (Shot)
81	Sauk Rapids/Rice	Andrew Gunderson (100, 4x100, 200, LJ), Zach Rudolph (4x100), Russell Hinnenkamp (4x100), Adam Thelen (4x100), Casey Kedrowski (PV), Chris Allen (PV)
20	Apollo	Greg Imholte (TJ)
20	Rocori	

Standings	2004-05	GIRLS
137.5	Willmar	Dana Guetter (4x800, 800, 4x400), Amy Follman (4x800), Rachael Nelson (4x800), Brin Hanson (4x800), Hannah Okins (4x200, 4x400), Mirja Ylimaula (100, 4x200, 200), Brianna Fernholz (100, 400, 200), Greta King (4x200, 4x400, LJ), Chrissy Boros (4x200, 4x100, 4x400), Kari Higdem (1600, 3200), Whitney Damhof (4x100), Abby Switzer (4x100), Ally Roberts (4x100)
126	Tech	Chelsey Klein (100 H), Kayla Sis (4x200, 4x100), Katlyn Stout (4x200, 4x400), Tasha Harr (4x200), Amanda Eggebrecht (4x200, 4x100), Jesse Fark (4x100, 4x400), Caitlin Dhein (4x100), Alise Post (400, 4x400), Kelly Fruth (4x400), Johnna Gertken (HJ), Becky Wipper (PV), Renae Lee (TJ)
125.5	Brainerd	Hannah McAllister (4x800, 400), Kacie Bahr (4x800), Jessie Bye (4x800, 1600), Katie Posterick (4x800), Jenni Beilke (100), Taylor Hartje (300 H, TJ), Ally Hartje (300 H, TJ), Carissa Schmidt (3200), Robyn Wernberg (Discus)
90	SRR	Kristen Hille (100 H, 300 H, HJ, LJ), Kayla Deters (PV), Justina Froelich (Discus)
79	Sartell	Liz Vold (1600), Hannah Kellerman (800), Sarah Schellinger (200), Rachel Spaniol (PV), Bri Plombon (LJ), Dani Forsman-Earl (Shot)
49	Rocori	Caitlyn Dingmann (3200), Sarah Fuchs (Discus), Shelly Tippelt (Shot)
36	Little Falls	LaNika Scepureck (HJ)
30	Alexandria	Katelyn Ellison (800)
26	Apollo	Sara Dalton (100 H), Evie Rodriquez (Shot)

Standings		2003-04	BOYS
134.2	Sartell	Nolan Mantey (3200 relay), Eric Nierengarten (3200 relay), Steve Olson (3200 relay), John Marschel (400, 3200 relay), Chris Legatt (PV), Dan Lawson (100, 200, LJ), Dave Abramson (800 relay), Dan Sebastian (800 relay, LJ), Justin Wilkes (800 relay), Noah Ferche (HJ), Andy Demuth (400, 800 relay)	
107.1	Willmar	Kyle Eckhoff (1600, 400 relay), Ryan Laughlin (400), Abdi Awale (800), Jon Morales (PV), Zak Kjosong (LJ), Juan Querabin (TJ)	
104.5	Alexandria	Mike Lanes (3200 relay), Mitch Gesell (800, 3200 & 1600 relays), Robbie Lanes (800, 3200 & 1600 relays), Darren Larsen (3200 relay), Blake Strouth (110 H, HJ), Derek Ludwig (200, 1600 relay), Bed Erie (1600 relay), Tyler Johnson (Discus)	
91	Tech	Kentrell Manuel (100, 200, 800 relay), Adam Frantesl (300 H, 800 relay), Louis Delk (800 relay), Mitchell Rousselage (800 relay), Yahya Iman (1600, 3200), David Kaczor (Shot Put)	
71.5	Brainerd	Mike Giese (110 H), Justin Grunewald (1600, 3200), James Strand (300 H), Chris Woodard (3200), Korey Horn (TJ)	
54	Sauk Rapids/R	Jason Timmer (110 H, 300 H), Andrew Gunderson (100), Nick Keller (PV)	
53.6	Apollo	Matt Cool (1600 relay), Blaise Lodermeier (1600 relay), Rob McCabe (1600 relay, HJ), Greg Imholte (TJ, 1600 relay)	
48.6	Rocori	Tom Soldner (Discus, Shot Put), Blake Theisen (Discus, Shot Put)	
36.5	Little Falls	Getty Buckner (400 relay), Travis Fedor (400 relay), Ryan DeZurik (400 relay), Kody Olson (400 relay)	

Standings		2003-04	GIRLS
146.5	Brainerd	Claire Northway (100 H), Jenni Beilke (100), Ashley Schmolke (400, 3200 relay), Audree Goodew (3200, 3200 relay), Katie Perpich (PV), Missy Eiesland (LJ), Taylor Hartje (TJ), Maria Swanson (Discus), Maria Swanson (Shot Put), Katie Posterick (3200 relay), Christina Roberts (3200 relay)	
115	Sauk Rapids/Rice	Kristen Hille (100 H, 400 relay, HJ, LJ), Gia Dickinson (1600), Brittany Barten (400 relay), Laura LeBlanc (400 relay), Faylynn Merrick (400 relay, Shot Put), Gia Dickinson (800), Katlyn Strout (1600 relay), Laura LeBlanc (TJ)	
86	Willmar	Kari Higdem (1600, 3200), Dana Guetter (400), Lindsey Saunders (300 H), Brianna Fernholz (200), Mary Sussenguth (HJ)	
85.5	Tech	Amanda Eggebrecht (800 relay), Caitlin McGee (800 relay), Nikki McGowan (800 & 1600 relays), Katlyn Stout (800 relay), Kelly Fruth (300 H, 1600 relay), Jesse Fark (1600 relay), Becky Wipper (PV), Renae Lee (TJ)	
75	Alexandria	Abbie Gray (400 relay), Katelin Barnes (400 relay), Amy Anderson (100 H, 400 relay), Amanda Anderson (100, 400 relay), Amy Anderson (300 H), Sarah Weaver (800), Jessica Hurlbut (3200)	
69.5	Sartell	Bri Plombon (100, 200, LJ), Katie Inderrieden (800), Caitlin McGee (200)	
60	Rocori	Caitlin Dingmann (3200 relay), Andrea Wahlin (400, 3200 & 1600 relays), Caitlin Schnettler (3200 relay), Elisia Traut (3200 relay), Erin Jungels (800 & 1600 relays), Kayla Kies (800 & 1600 relays), Angie Feldhege (800 relay), Courtney Malikowski (800 relay), Sarah Fuchs (Discus), 1600 relay team: Caitlin Schnettler	
38.5	Apollo	Tiffany Zamudio (PV), Lindsey Hoye (Discus)	
26	Little Falls	Megan Meyer (1600), LaNika Scepurek (HJ), Megan Meyer (Shot Put)	

Standings		2002-03	BOYS
199	Alexandria	Jason Erickson (100, 200, 400), Drew Salmi, Jim Nelson, Reid Craigmile, (400 & 800 relay), Greg Barnes, Michael Lanes (3200 relay), Blake Strouth, (800 relay, 110 & 300 H, high jump), Mitch Gesell (800, 3200 relay), Griffin Sonstegaard(400 relay), Luke Bryant(1600), Tyler Johnson (discus) Kyle Esala (1600, 3200 relay)	
174.6	Brainerd	Dusten Olejnicak (TJ, 800 & 1600 relays), Jason Roberts (long jump, 200, 400, 800 relay), Dusten Olejnicak (long jump), Zach Toms (400, 1600 relay), Cory Olson (800, 1600 relay), Justin Grunewald (1600, 3200), Chris Woodard (3200), Josh Anderson (300 hurdles), Justin Mueller (800 & 1600 relays), Sam Gervais (800 relay)	
115.5	Sartell	Dan Lawson (100), John Marschel, Jon Neumann, Andy Overby, Adam Plante (1600 & 3200 relays), Noah Ferche (high jump), Chris Legatt (pole vault), Dan Lawson (long jump)	
104	Tech	Eric Hoffman (shot put), Jesse Mitchell (triple jump), Michael Williams (110 hurdles), Nathan Sis (high jump)	
72.5	Little Falls	Jonathan Stoltman (LF), Derek Monnier (110 hurdles), Travis Fedor (high jump)	
68	Rocori	Tom Soldner, Blake Theisen (discus, shot put), Alan Terwey (300 hurdles)	
66.2	Willmar	Philip Hedlof (100, 200), Abdi Awale (800), Jon Morales (pole vault)	
64	Sauk Rapids	Chris Tift (shot put), Randy Imholte, Brandon Ashfeld, Jacob Staneart, Michael Staneart (400 relay) Chris Allen (pole vault)	
54.2	Apollo	Greg Imholte (triple jump), Rob McCabe (high jump), Tyler Zamudio (pole vault)	

Standings	2002-03	GIRLS
227	Willmar	Kami Kjolsing (100, 400 relay), Katie Godbee (200, 400 relay), Katie Seehusen (200, 400 relay), Beth Zimmer (400 relay, LJ), Kirsten Higdem (800, 1600 & 3200 relays), Christy Pakola (400), Kari Higdem (1600, 3200), Meghan Sykora (1600, 3200), Amber Schackman (300 H), Christi Pakola, Dana Guetter, Lindsey Saunders (1600 & 3200 relays), Lauren Nelson (HJ), Laura Fujan (PV)
141	Sauk Rapids	Giz Dickinson (1600), Kristin Hille (100 H, LJ), Brittany Barten, Amanda Schroder (400 relay), Laura LeBlanc (400 relay, triple jump), Faylynn Merrick (400 relay, shot put, discus)
110	Tech	Chelsey Klein (100), Kelly Fruth (300 hurdles), Leah Ferber (high jump), Bria Magnuson (PV), Renae Lee (TJ)
109.6	Rocori	Kyja Meers (200, 800 relay), Sarah Decker (400, 800 & 1600 relays, LJ), Erin Jungels (400, 800 & 1600 relays), Andrea Wahlin (800, 800 & 1600 relays), Kayla Nies (1600 relay), Sarah Fuchs -discus
103.6	Brainerd	Ashley Schmolke (800, 3200 relay), Audree Goodew (3200, 3200 relay), Jessie Rosenthal, Erin MacDonald, Sarah Gervais, Katie Perpich (800 relay), Ashleigh Hakes, Christina Roberts (3200 relay), Maria Swanson (shot put),
83	Sartell.	Tarina Helson (shot put, discus)
72.6	Alexandria	Erin Baustian, Amanda Anderson (100), Amy Anderson (100 & 300 H),
58	Apollo	Brianna Shaw (high jump), Tiffany Zamudio (pole vault), Jacquie Hartman (triple jump)
13.2	Little Falls	

Standings	2001-02	BOYS
245	Alex	Jason Erickson, Luke Bryant, Brandon Strouth, Blake Strouth, Andy Seykora, Mitch Gresell, Matt Oland, Kyle Gearman, Eric Nelson + 3200 relay, 800 relay, 400 relay, 1600 relay
142	Sartell	Danny Lawson, Chris Weihrauch + 3200 relay, 400 relay
120	Tech	Mike Williams, Justin Klein
114	Brainerd	Zach Toms, Devin O'reilly, Darren Clabo + 800 relay
79	LF	Dereck Monnier, Jonathan Stoltman, Qention Plumski
79	Willmar	Jon Morales
56	Rocori	Blake Theisen + 1600 relay
50	Apollo	Ryan Hammerberg

Standings	2002-03	GIRLS
187	Willmar	Lauren Nelson, Kari Higdem, Kirsten Higdem, Angie Pederson + 3200 relay, 400 relay, 1600 relay
159	Rocori	Sarah Decker, Sarah Fuchs, Andrea Wahlin, Pypper Garmon + 800 relay, 1600 relay
142	Brainerd	Trina Nelson, Megan Steiger, Ashley Smolke
90	Alex	Kim Lynch, Erin Baustian + 400 relay
89.5	Tech	Leah Ferber, Kristin Olson, Bria Magnuson, Megan Anderson, Sonja Hall, Ashley Schultzenberg, An Huyah + 3200 relay
84	Sartell	Bri Johansen
69	LF	Holly Hoheisel
64	Apollo	Tiffany Zamudio + 800 relay

Standings	2000-01	BOYS
174	Alex	Jason Erickson (100, 200), Eric Nelsen (discus), Brandon Strouth (100), Ryan Lesnau (high & long jump), Andy Seykora (300 hurdles), Luke Bryant (1600), Ryan McInnis (1600) + 400 relay, 3200 relay
162	Brainerd	Trevor McCulloch (shot put), Zach Toms (800) + 3200 relay
135	Willmar	Justin Jones (110 & 300 hurdles), John Damhof (400), Erik Bjerketvedt (pole vault) + 1600 relay
127	Sartell/SS	Ryan Friesen (110 hurdles), Mike Vigoren (long jump) + 400 relay, 800 relay, 1600 relay
109	Tech	Joshua Preusser (shot put), Greg Dold (discus), Paul Ferber (triple jump) + 800 relay
83	Little Falls	Kerry Herdegen (high & triple jump), Quentin Plumski (pole vault)
70	Apollo	Chris Day (800)
54	Rocori	Carson Glad (400), Cassidy Glad (200)

<b>Standings</b>	<b>2000-01</b>	<b>GIRLS</b>
179.5	Willmar	Stacie Manuel (pole vault), Krista Higdem (1600), Lauren Nelson (high jump), Ashley Cronen (400), Gina Cederstrom (triple jump), Amber Schackman (300 hurdles) + 1600 relay, 3200 relay
167.5	Alexandria	Lisa Krohnfeldt (discus), Kim Lynch (3200), Sarah Willert (long & triple jump), Amy Anderson (100 hurdles), Erin Baustian (100, 200) + 400 relay
130	Rocori	Sara Decker (100, 200, 400, long jump), Kari Torgerson (discus, shot put) + 800 relay
120	Sartell/St.S.	Tarina Nelson (shot put), Alie Cordie (100 & 300 hurdles) + 1600 relay
100.5	Tech	Meghan Anderson (800), Louise Landquist (pole vault), Leah Ferber (high jump)
82	Brainerd	
76	Little Falls	Beck Anderson (1600, 3200), Holly Beto (800) + 3200 relay
58	Apollo	400 relay, 800 relay

<b>Standings</b>	<b>1999-00</b>	<b>BOYS</b>
185	Alexandria	Scott Ferguson (110 & 300 hurdles), Jason Erickson (100), Greg Gesell (1600), Ryan Lesnau (high & triple jump), Rick Schultz (discus), Tristan Christ (3200) + 800 relay
152	Brainerd	Mike Wiess (200, 400), Jesse Strowbridge (100, 200)
140	Sartell/St.S.	Brandon Flicker (shot put, discuss) + 1600 relay, 3200 relay
128	Willmar	Justin Jones (110 hurdles), Mike Jensen (PV), Josh Benson (1600), Jon Duininick (high jump), Kyle Halliday (800) + 400 relay, 1600 relay
106	Apollo	Abe Warnert (pole vault), Matt Smiles (300 hurdles), Ryan Ford (400), John Chaw (triple jump), Matt Morisette (long jump) + 3200 relay
82	Little Falls	Lance Schuer (800), Ben Smith (shot put)
68	Tech	Paul Ferber (triple jump), Erik Ditlevson (3200)
51	Rocori	400 relay, 800 relay

<b>Standings</b>	<b>1999-00</b>	<b>GIRLS</b>
183	Rocori	Sara Decker (100, 400), Andrea Wahlin (800, 1600), Hailey Harren (3200), Sarah Decker (200, long jump), Kari Torgerson (shot put) + 400 relay, 800 relay, 1600 relay
136	Willmar	Krista Higdem (3200), Angie Pederson (100), Stacie Manuel (pole vault), Gina Cederstrom (long jump), Ashley Cronen (400), Amber Schackman (300 hurdles)
113	Alexandria	Erin Baustein (200), Sara Willert (triple jump)
112	Sartell/St.S.	Michelle Legatt (pole vault), Alie Cordie (100), Lisa Perry (high jump)
108	Brainerd	Natalie Dunphy (triple jump), Julie Pelzer (300 hurdles) + 1600 relay
102	Apollo	Jennie Lahr (800, 1600), Jill Mark (100) + 400 relay, 800 relay
88	Tech	Sheilia Gruther (discus), Leah Ferber (high jump) + 3200 relay
71	Little Falls	Beth Miller (discus, shot put) + 3200 relay

<b>Standings</b>	<b>1998-99</b>	<b>BOYS</b>
240	Alexandria	Neuby Ras (100, 200, LJ), Christ Tristan (3200), Aaron Loy (PV), Kevin Krohnfeldt (shot put), Greg Gesell (800, 1600), Paul Lesnau (discus), Josh Vickerman (300), Scott Ferguson (300), Paul Lesnau (high jump), Ryan Lesnau (high jump) Aaron Bumgarner (1600), Bryan Sterk (100) + 400 relay
124	Tech	Erik Ditlevson (3200), Jorgen Odden (long jump), Paul Ferber (triple jump), Jeff Painter (shot put)
111	Apollo	Abe Warnert (pole vault), Mark Bruemmer (pole vault), Jason Lahr (400), John Chow (TJ), Ryan Ford (800) + 3200 relay
100	Sartell/St.S.	Nick Opatz (100), Steve Hengel (400), Brandon Flicker(shot put) + 800 relay, 1600 relay, 3200 relay
96	Brainerd	Jared Reese (400), Joel Clough (triple jump), Aron Stumvoll (800) + 400 relay, 1600 relay
93	Willmar	Joe Mikes (300), Josh Benson (3200)
78	Rocori	Craig Philipps (1600), Glad Carson (200), Cassidy Glad (200), Dan Soldner (discus) + 800 relay
72	Little Falls	Josh Langner (high & long jump), Ben Smith (shot put)



Standings	1996-97	GIRLS
734	Alexandria	
691	Willmar	
589	Tech	
584	Brainerd	
498	Rocori	
442	Apollo	Sara Conrad, Laura Kutzera, Katie Good
433	Little Falls	
381	Sartell/St.S.	

Standings	1995-96	BOYS
	Alexandria	Jeff Gesell (800, 1600 medley), Adam Estenson (PV), Mike Luedtke (LJ, TJ, 110 H), Cory Kludt (TJ, 1600 relay), Justyn Johnson (SP), Erik Quam (1600), Andy Cavers (3200), Jacob White (1600 relay) Scott Johnson (1600 relay & medley), Grant Olson (1600 relay & medley), Jesse Schmidt -1600 med
	Brainerd	Karl Kuhn (3200), Matt Janssen (HJ), Lyle Svendson (100, 400 relay), Troy Weber (discus), Day Whirley (SP), Josh Heldt, Jamie Kloss, Kevin Drake (400 relay)
	Little Falls	Nathan Skoglund (300 H), Aaron Feia (800, 3200 relay), Kris Rudek, Zach Deshayes, Steve Lalim, (3200 relay)
	Rocori	
	Apollo	Jed Friedrich, Lawrence Simmons, Wayne Ramler, Jason Bierschbach(3200 relay), Matt Rami (400)
	Tech	Jason Ness, Aaron Theis, Jeff Marek (400 relay), Ryan Buttenhoff (400 relay, 100, 200, Long jump), Eric Ward (300 H), Dominic Ewers (1600), Andy Nelson (discus)
	Sartell	Ned Wrightson (high jump)
	Willmar	Ryan Quinn (110 H), Eric Swift (200, 400, 1600 relay), Corey Grenier (PV), David Kaihoi, Emmett Nelson, David Huselid (1600 relay & medley), Ryan Anderson (1600 medley)

Standings	1995-96	GIRLS
	Alexandria	Alicia Jenzen, Lori Koudela, Melissa Forster (1600 relay), Alisa Tripp, Leah Amundson, Kathy Schwatz (400 relay),   Cindy Carstens (800), Noel Green (100, 200, 400 relay), Sara Baustian (1600 relay, 400), Terrl Townsend (discus, SP)
	Willmar	Anne Habbena, Grete Thomsen, Ellie Carlson, Katie Duinick (400 relay), Ella Meyerson (1600), Alaina Eckhoff (3200), Kristian Huisinge (discus), Anne Habbena (long jump)
	Rocori	Tammy Stang, Debbie Schutz, Julie Schmitz, Amanda Rausch (3200 relay), Becky Brinker (TJ), Darla Lutgen (100 hurdles), Tonya Ashfeld (300 hurdles), Amanda Dockendorf (3200)
	Little Falls	Lisa Blair (1600), Brianne Erpelding (LJ, TJ), Jessica Gallant (shot put), Tiffany Kruger (100 H)
	Brainerd	Atty Gray (800 & 1600 relay, 400), Katy Johnston, Kellie Sievek (1600 relay), Andria Bollig, Tonya Endres (800 relay), Angie Swanson (800 & 1600 relay, 200)
	Sartell	Jamie Laurich, Erika Ringstrom (3200 relay), Kaiji Freborg, Kristin Williamson, Amber Upgren, April Bielejeski (800 relay), Katie Kuhlman (high jump), Carie Muntifering (3200 relay, 100) Janet Hengel (3200 relay, 300 hurdles)
	Tech	Amy Boman (high jump), Janova Peterson (800)
	Apollo	

Standings	1994-95	BOYS
193	Alex	Scott Johnson, Jacob White, Grant Olson, Jarrod Illies (1600 relay), Jeremy Estenson, Jeff Collins, Jeff Gesell (3200 relay), Brian Bessingpas (300 H), Andy Quist (800, 3200 relay), Jeremy Betterman (PV), Kerry Nelson (PV), Mike Ludetke (LJ), Todd Froemming (SP, D), Bob Zacher (D)
188	Willmar	Dave Morrison, Matt St. Clair (1600 relay), Brock Fluegge (110 H), Ryan Quinn (110 H), Eric Refsland (300 H, 1600 relay), Eric Swift (200, 400, 1600 relay)
166	Tech	Justin Vukelich, Aaron Theis, Jeff Marek (400 relay), Ryan Buttenhoff (400 relay, 100, 200), Bryan Lloyd (800), Dominic Ewers (1600), Derrick Netter (3200), Andy Rollison (shot put)
151	Brainerd	Greg Doth, Tim Johnson, Luke Fierabeud, Nate Killirarda (1600 medley), chuck Mankowski (400), Troy Lindner (triple jump), Matt Janssen (high jump), Craig Anderson (high jump)
90	Little Falls	David Just, Nathan Skoglund (400 relay), Luke Eastvold (400 & 3200 relay), Aaron Feia, ryan Laager, Jamie Lalin (3200 relay), Arik Scephurek (long & triple jump, 400 relay)
77	Apollo	Scott Maciej, Matt Rami, Tim Ramler (1600 medley), Jason Wies (100, 1600 medley)
37	Rocori	Sam Noyes (1600, 3200)

Standings	1994-95	GIRLS
187	Rocori	Becky Brinker (triple jump, 1600 relay), Darla Lutgen (100 hurdles), Deb Schutz, Melissa Svihel & Julie Schmitz (3200 relay), Amanda Rausch (400, 3200 & 1600 relays), Tonya Ashfeld (300 hurdles), Amanda Dockendorf (3200), Jeanne Westerhaus (1600 relay), Tina Schreiner (1600 relay & long jump)
173	Willmar	Ellie Carlson & Traci Brower (800 relay), Grete Thomsen (400 & 800 relay), Jenny Christianson (200, 400 & 800 relay), Michelle Barker (400 relay), Kristian Husinge (discus), Heather Miller (HJ), Anne Habbena (long & TJ, 400 relay)
152	Apollo	Melissa Mendel, Kelli Mullen, & Katie Ebnet (3200 relay), Molly Mark (100 & 300 hurdles), Connie Kremers (1600), Leah Thomsen (high jump)
135	Alexandria	Patty Andrews, Noel Green, & Alisa Tripp (400 relay), Sara Baustian (400 relay, 100, 200), Teryl Townsend (discus, shot put), Katie Reif (1600, 3200 relay), Kelly Howell (800), Karri Breutkraetz (3200)
114	Brainerd	Raina Kiewel (800 & 1600 relays), Angie Swanson, Atty Gray & Shannon Nelson (800 relay), Katy Johnson (100, 1600 relay), Jayna Mathieu (400, 1600 relay), Beth Hadlund (shot put), Kellie Sievek (1600 relay)
49	Tech	Janova Peterson (800)
44	Little Falls	

Standings	1993-94	BOYS
142	Willmar	Brock Fluegge (110 H), Matt Werder (300 H, 1600 relay), Matt St. Clair (1600 medley & relay), Cory Grenier, Kave Kaihoi (1600 medley), Andy Nelson (200, 400, 1600 relay), Eric Swift (400, 1600 relay), Adam Boerema (discus), Nate Villnow (PV, 1600 medley)
130	Brainerd	Elisha Dwyer (100, 400 relay), Josh Heldt, Justin Carlson, Brent Stark (400 relay), Nate Kilibarda (800, 1600 medley), Greg Doth, Rob Kowalke, Chad Perkins (1600 medley), Troy Linder (TJ), Mike Johnson (TJ), Nate Pederson (SP, discus)
124	Tech	Dominic Ewers (1600), Brett Mushatt (100, 200), Sai Quach, Nat Nelson (400 relay), Justin Vukelich (400 & 1600 relays), Aaron Stang (800, 1600 relay), Bryan Lloyd (1600 relay), Ryan Buttenhoff (1600 & 400 relays)
107	Little Falls	Jeremy Welle (110 & 300 hurdles), Travis Hochhalter (1600, 3200), Arick Scepurek (high jump, long jump), Gregg Kapsner (long jump), Paul Roach (pole vault)
62	Alexandria	Ken Froeming (shot put), Jeremy Estenson (3200)
44	Apollo	
29	Rocori	Chad Brinker (high jump)

Standings	1993-94	GIRLS
142	Apollo	Connie Kremers (3200 relay, 1600), Jodi Klug, Melissa Mendel (3200 relay), Jessi Faith (800, 1600 & 3200 relays), Julie Schotl (400, 1600 relay), Molly Mark (100 & 300 H, 400 relay), Teri Stock (400 & 1600 relay), Kristy Bierschbach (400 relay), April Schotl (1600 relay), Amy Skeate (LF, TJ, 400 relay)
116	Willmar	Lisa Hodapp, Julie Tebben (800 relay), Grete Thomsen, Jenny Christianson (400 & 800 relays), Anne Habbena (TJ, 400 relay), Andrea Lentz (1600, 3200), Michelle Barker (200, 400 relay), Heather Miller (HJ)
99	Rocori	Carrie Lutgen (HJ, LJ), Darla Lutgen (100 H), Tonya Ashfeld (300 hurdles), Carrie Keller (shot put)
96	Alex	Mindee Karlstad (100, 200), Mary Breun (3200), Kendra Volk (discus)
80	Brainerd	Caryn Anderson, Amy Hanson (800 & 1600 relays), Angie Swanson (800 relay), Jayna Mathieu (400, 1600 relay), Shannon Nelson (100, 800 & 1600 relays)
65	Tech	Janova Peterson (800, 3200 relay), Sara Reed, Rachael Klein, Katie Kropp (3200 relay), Julie Painter (discus, shot put)
32	Little Falls	

Standings	1992-93	BOYS
147	Apollo	Jon Bauer (110 & 300 hurdles, high jump), Jessie Schaefer (100, 400 relay), Jason Spoden, Jason Clark (400 relay), Ryan Williams (triple jump), Vinh Thai (long jump, 400 relay)
144	Tech	Tony Hodgkins (110 hurdles), Brett Mushatt (100, 200, 400 relay), Matt Anderson (400 relay, triple jump), Jason White, Mike Hoefs (400 relay), Brian Kershaw (discus), Henry Ewers (pole v.)
109	Monticello	Alonzo Wadsworth, Ryan Gau (medley), Chad Weston, Kris Brevik (medley, 1600 relay), Jamie Benson (800, 1600 relay), Kevin Gominsky (400, 1600 relay), Jason Grott (discus)
98	Willmar	Josh Kruger, Cory Grenier (Medley), Wes Schuck (medley & 1600 relays), Matt Werder (medley & 1600 relays, 300 hurdles), Andy Nelson (200, 400, 1600 relay), Eric Swift (1600 relay), Jon Husinga (shot put), Jesse Fuls (long jump)
87	Brainerd	Nathan Pederson (shot put),
86	Alexandria	Kris Robertson (800), Jeremy Estenson (3200), Brian Stanton (1600)
68	Little Falls	Paul Roach (pole vault), Arick Scepurek (high jump)
48	Rocori	Jason Orbeck (3200), Brad Bauer (1600)



Standings	1992-93	GIRLS
153	Willmar	Michelle Barker (100, 200, long jump, 400 relay), Mandy Aamot (1600 & 800 relays), Sara Harder, Lynn Johnson, Tanya Jorgenson (1600 relay), Greta Thomson, Julie Tebber (800 relay), Tara Reynolds (800 & 400 relays), Anne Habbena (400 relay, triple jump), Jenny Christianson (400 relay), Courtney Powers (high jump)
133	Brainerd	Shannon Nelson (100, 800 & 1600 relays), Caryn Anderson, Amy Hanson (800 & 1600 relays), Jayna Mathieu (400, 1600 relay), Turena Johnson (3200), Raina Kiewel (800 relay), Tara Oseland -T.Jump
112	Apollo	Molly Mark (100 & 300 hurdles, 400 relay), Jessie Faith (800, 1600 & 3200 relays), April Schotl (1600 relay), Jodi Klug (1600 & 3200 relays), Amy Skeate, Kristi Bierschbach (400 relay), Teri Stock (400 & 1600 relays), Kelli Mullen, Connie Kremers (3200 relay)
104	Tech	Keri Schulte (1600, 3200), Doreen Bechtold (100 hurdles), Brenda Magoba (shot put), Rose Gill, Beth Currier, Sarah Reed, Kelly Evans (3200 relay)
101	Rocori	Sandy Fuchs (shot put, discus), Tonya Ashfeld (300 hurdles), Carrie Lutgen (high jump)
89	Alexandria	Mindee Karlstad (200, long jump), Kari Thompson (1600)
77	Monticello	Stacey White (discus)
32	Little Falls	Krista Bergren (800), Charlotte Schelonkalf (400)

Standings	1991-92	BOYS
98	Willmar	Jesse Fuls (medley, triple jump), Brad Nelson (medley), Matt Werder (medley, 1600 relay), Scott Hedglin (1600), Shane Swanson (300 H, 1600 relay), Jon Heath (800, 1600 & medley relays), Andy Nelson (200, 1600 relay), Brad Nelson (200)
89	Apollo	Josh Davies (medley), Mike Schaefer (medley), Brian Brophy (medley), Jessie Schaefer, Eric Blumke, David Schleuderaff (400 relay), Jon Bauer (HJ), Shawn Day (800), Ryan Williams (TJ)
87	Tech	Mike Jendro (100), Brett Mushatt (100), Jason bartell (long jump), Mike Hoefs, Jason White (400 relay), Eric Lund (HJ)
73	Rocori	Jon Acheson (110 hurdles), Jason Massmann (1600), Dean Lutgen (PV), Jesse Westrup (3200)
65	Monticello	Nick Dahlmeier (400, 1600 relay), Jason Grott (discus), Joel Gronau, Chad Weston, Kevin Gominsky (1600 relay)
52	Brainerd	Chris French (shot put)
38	Alexandria	Nathan Higgins (110 hurdles)
26	Little Falls	Nathan Peterson (shot put), Paul Roach (pole vault)

Standings	1991-92	GIRLS
101	Tech	Keri Schulte (1600), Lydia Magoba (shot put), Bernice Gill (300 hurdles), Mary Gill (800), Regan Allen, Jill Daas, Kari Anfenson (1600 relay)
99	Brainerd	Jenny Johnson (110 hurdles, 1600 relay), Nikki Schwendeman, Beth Heldand (high jump), Raina Kiewel, Caryn Anderson, Cassie Pearson, Cassie Novitzki (800 relay), Jenny Imsanda (300 hurdles, 1600 relay), Turena Johnson (3200), Amy Hanson, Jayna Mathieu (1600 relay)
80	Rocori	Sandy Fuchs, Shelley Eisenreich (discus), Kris Ann Schmitz (100)
65	Willmar	Kara Helin (110 hurdles), Tara Reynolds, Anne Habbena, Michelle Barker (400 & 800 relay), Jenny Christenson (400 & 800 relay, long jump), Andrea Lentz (1600)
59	Alexandria	Gina Warren, Patty Andrews, Shelly Petty (400 relay), Mindee Karlstad (100, 400 relay), Kari Ward (400)
34	Monticello	Kelly Anderson, christie Ferguson, Jen Schmidt, Andrea Smith (3200 relay)
30	Apollo	Theresa Regevig, Connie Kremers, Joalle Kallis, Jessie Faith (3200 relay), Linda Klug (400)
27	Little Falls	

BOYS	1990-91	GIRLS	1990-91	BOYS	1989-90	GIRLS	1989-90
118	Tech	102	Little Falls	114.5	Tech	112	Tech
93	Monticello	100	Brainerd	103	Apollo	78.5	Rocori
79.5	Alexandria	85	Rocori	81.5	Alexandria	76.5	Brainerd
78	Apollo	64	Tech	62	Monticello	72	Little Falls
65	Willmar	62	Alexandria	58	Willmar	54	Willmar
43.5	Brainerd	41	Willmar	44	Brainerd	49	Monticello
42	Rocori	29	Monticello	36	Rocori	28	Alexandria
8	Little Falls	13	Apollo	28	Little Falls	28	Apollo

<b>BOYS</b>	<b>1988-89</b>	<b>GIRLS</b>	<b>1988-89</b>	<b>BOYS</b>	<b>1987-88</b>	<b>GIRLS</b>	<b>1987-88</b>
111	Apollo	117	Little Falls	131	Apollo	122	Alexandria
103	Rocori	109	Alexandria	116	Alexandria	87	Tech
79	Brainerd	79	Tech	88	Willmar	86	Little Falls
71	Willmar	74	Brainerd	66	Tech	77	Willmar
61	Tech	70	Rocori	64	Little Falls	72	Brainerd
50	Little Falls	29	Willmar	53	Brainerd	58	Apollo
46	Alexandria	18	Apollo	-	-	-	-

<b>Standings</b>	<b>1986-87</b>	<b>BOYS</b>
140	Apollo	Tom Erkens, John Evans, Todd Ley, Darin McMullen, Steve Schuttler, Scott Williams
119	Alexandria	Mike Fry, Jerry Gay, Eric Movold, Rick Wegner
76	Little Falls	Brad Swanson, Corey Zack
73	Tech	Tim Langen, Craig O'Reilly, J.P. Rydland, Kevin Vick
70	Brainerd	Bill Palmquist, Al Reither, Dan Reynolds
41	Willmar	Craig Miller

<b>Standings</b>	<b>1986-87</b>	<b>GIRLS</b>
143	Alexandria	Snuffy Alto, Julie Johnson, Cathy Otterstetter, Sheila Pexsa, Ricki VanAmber
107	Little Falls	Melissa Plante, Paula Quinn, Julie Spillum, Mindy Swanson
66	Tech	Simona Samuelson
64	Willmar	Jill Hanson, Chimene Swanson
63	Apollo	Jina Schreifels
50	Brainerd	Tracey Brown, Trend Fields

<b>Standings</b>	<b>1985-86</b>	<b>BOYS</b>
154	Tech	Brian Anderson, Steve Hagstrom, Brian Hodenfield, Chad Holder, Scott Hollenkamp, Keith Kremer, Tim Langen, Craig O'Reilly, Jeff Rydland, Jeff Shorter, Todd Tennyson, Matt Thomas, Kevin Vick
140	Apollo	Troy Bartlett, Brian Erkens, John Evans, Dan Field, Steve Skoblik, Scott Williams, Scott Weber
97	Alexandria	Scott Bergner, Greg Colbjornson, Dennis Koering, Paul Langner, Brian Sether,
60	Little Falls	Mike Bellefeuille, Carl Langner, Brad Popper, Brad Swanson
39	Willmar	
36	Brainerd	Randy Herrlich, Bill Palmquist, Joe Runberg, Dan True

<b>Standings</b>	<b>1985-86</b>	<b>GIRLS</b>
159	Alexandria	Christy Andrews, Lisa Benson, Kris Callfas, Janell Joyce, Jackie Juettner, Kim Kirkeby, Lana Miller, Cathy Ottersetter, Marcia Parra, Sheila Pexsa, Bobbi VanAmber, Ricki VanAmber, Dina Voit, Trish Voracheck
93	Apollo	Sally Garner, Danielle Mische, Ashley Rawhauser, Laura Rioux, Gina Schreifels, Katie Schmidt
85	Little Falls	Beckie Bzdok, Mary Festler, Denelle Felsner, Ann Marie Hennes, Melissa Plante, Paula Quinn, Mindy Swanson
72	Brainerd	Tracy Brown, Dawn Carlson, Jennifer Evans, Fields, Kris Harms, Kelly Smith, Lynn Straus
42	Willmar	Jill Hansen, Chimene Swanson
37	Tech	Lori Fish, Sue Kent, Missy Nelson, Simona Samuelson, Nancy Scherder

<b>BOYS</b>	<b>1984-85</b>	<b>GIRLS</b>	<b>1984-85</b>	<b>BOYS</b>	<b>1983-84</b>	<b>GIRLS</b>	<b>1983-84</b>
137	Brainerd	182	Alexandria	113	Elk River	138	Alexandria
130	Tech	124	Apollo	102	Willmar	90	Apollo
128	Apollo	84	Tech	81	Tech	82	Brainerd
64	Willmar	43	Little Falls	72	Little Falls	64	Tech
53	Alexandria	41	Willmar	60	Brainerd	61	Little Falls
12	Little Falls	38	Brainerd	53	Apollo	32	Willmar
				46	Alexandria	26	Elk River

BOYS	1982-83	GIRLS	1982-83	BOYS	1981-82	GIRLS	1981-82
168	Elk River	146	Alexandria	104.3	Apollo	-	Tech
106	Little Falls	105	Tech	103.7	Elk River	-	Apollo
94	Apollo	67	Brainerd	-	Tech	-	Brainerd
59	Tech	59	Willmar	-	Brainerd	-	Alexandria
51	Alexandria	52	Apollo	-	Little Falls	-	Cambridge
39	Willmar	25	Little Falls	-	Willmar	-	Little Falls
10	Brainerd	10	Elk River	-	Alexandria	-	Willmar
-	-	-	-	-	Cambridge	-	Elk River

BOYS	1980-81	GIRLS	1980-81	BOYS	1979-80	GIRLS	1979-80
-	Apollo	-	Apollo	-	Apollo	-	Apollo
-	Elk River	-	Alexandria	-	Tech	-	Tech
-	Tech	-	Tech	-	Alexandria	-	Alexandria
-	Little Falls	-	Brainerd	-	Brainerd	-	Brainerd
-	Brainerd	-	Little Falls	-	Cambridge	-	Little Falls
-	Cambridge	-	Willmar	-	Elk River	-	Cambridge
-	Willmar	-	Cambridge	-	Little Falls	-	Willmar
-	Alexandria	-	Elk River	-	Willmar	-	Elk River

BOYS	1978-79		GIRLS	1978-79	
156	Apollo	Kelly (3200), Deaton (Shot, discus), Post (TJ), Putz (PV)	169.3	Apollo	Hinkemeyer (165 H), Fettig (Shot, discuss), Wole (LJ) + 400 relay, 800 relay. 1600 relay
108	Tech	Franti (400), Johnson (800), Ergen (1600) + 1600 relay	100.3	Tech	Braun (100 H, 100), Dietman (1600), Thometz (3200)
100	Elk River	Stabley (110 H, 300 IMH, 200), Leger (100) + 400 relay	51	Little Falls	Renz (200, 400), Bohlig (800),
57	Alexandria		39	Alexandria	Johnson (HJ)
44	Cambridge	Renstrom (HJ)	38.3	Willmar	2nd-800: Sue Welker, Jill Lewis Barb Henrickson, Sonia Welker, 2nd-LJ: Sonia Welker 3rd-440 relay: Sonia & Sue Welker, Barb & Bonnie Henrickson.
32	Brainerd	Sorensoni (LJ)	28	Brainerd	
31	Little Falls		21	Cambridge	
13	Willmar	3rd Keith Kluver (3200)	18	Elk River	

BOYS	1977-78		GIRLS	1977-78	
	Elk River			Apollo	
	Apollo			Tech	
	Tech			Little Falls	
	Alexandria			Brainerd	
	Brainerd			Alexandria	
	Willmar			Cambridge	
	Little Falls			Elk River	
	Cambridge			Willmar	