

# University of St. Thomas Men's Track & Field



## All Conference Award Winners

2015-1997

### 2015

#### All Conference

Athlete	Event	Place	Perf.	Season
Brian Jarvey	200 Meter Dash	1	22.52	Indoor
Brian Jarvey	400 Meter Dash	1	49.37	Indoor
Ryan Queenan	600 Meter Dash	3	1:23.22	Indoor
Michael Witschen	4x200 M Relay	1	1:29.67	Indoor
Joe Reed	4x200 M Relay	1	1:29.67	Indoor
Dan Sauro	4x200 M Relay	1	1:29.67	Indoor
Cole Boughner	4x200 M Relay	1	1:29.67	Indoor
Chris Mueller	4x400 M Relay	1	3:23.77	Indoor
Ryan Queenan	4x400 M Relay	1	3:23.77	Indoor
Cole Boughner	4x400 M Relay	1	3:23.77	Indoor
Brian Jarvey	4x400 M Relay	1	3:23.77	Indoor
Michael Witschen	Long Jump	2	22-3	Indoor
Evan Cross	Triple Jump	1	44-8	Indoor
Matt Schauer	Shot Put	2	49-7.75	Indoor
Micah Hausman	Shot Put	3	48-10	Indoor

Athlete	Event	Place	Perf.	Season
Tremayne Williams	200 Meter Dash	4	22.47	Outdoor
Brian Jarvey	200 Meter Dash	6	22.49	Outdoor
Doug Thoreson	800 Meter Run	6	1:54.32	Outdoor
Keaton Wendroth	5000 Meter Run	6	15:08.72	Outdoor
Connor O'Neill	110 Meter Hurdles	4	15.72	Outdoor
Connor O'Neill	Long Jump	5	22-0.75	Outdoor
Connor O'Neill	Pole Vault	5	14-2	Outdoor
Jacob Gredvig	400 Meter Hurdles	5	55.33	Outdoor
Brian Anderson	3000 M Steeple	4	9:42.53	Outdoor
Ben Long	4x800 M Relay	2	7:46.04	Outdoor
Fritz Alt	4x800 M Relay	2	7:46.04	Outdoor
Doug Mueller	4x800 M Relay	2	7:46.04	Outdoor
Tyler Krpan	4x800 M Relay	2	7:46.04	Outdoor
Blake Bordson	Javelin	6	163-0	Outdoor

#### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Joe Reed	60 Meter Dash	4	7.11	Indoor
Cole Boughner	60 Meter Dash	6	7.14	Indoor
Cole Boughner	200 Meter Dash	5	22.80	Indoor
Dan Sauro	200 Meter Dash	6	22.84	Indoor
Ryan Queenan	400 Meter Dash	6	50.83	Indoor
Chris Mueller	600 Meter Dash	5	1:23.71	Indoor
Fritz Alt	800 Meter Run	5	1:58.30	Indoor
Tyler Krpan	800 Meter Run	6	1:58.31	Indoor
Robby Williams	Mile Run	6	4:27.77	Indoor
Jacob Gerhartz	5000 Meter Run	5	15:26.83	Indoor
Evan Cross	Long Jump	5	21-4.75	Indoor
Adam Kraft	Long Jump	6	21-4.50	Indoor
Michael Witschen	Triple Jump	6	43-5.25	Indoor
Craig Murtha	Shot Put	5	47-1	Indoor
Craig Murtha	Weight Throw	5	48-10	Indoor
Preston Huddleston	Heptathlon	4	4193	Indoor
Connor Gross	Heptathlon	5	4060	Indoor

#### All Conference

Athlete	Event	Place	Perf.	Season
Max Dunne	Heptathlon	2	5030	Indoor
Connor O'Neill	Heptathlon	3	4785	Indoor
Bryan Thell	Weight Throw	1	58-8	Indoor
Bryan Thell	Shot Put	1	49-6.50	Indoor
Aba Omot	Weight Throw	3	57-11	Indoor
Aba Omot	60 Meter Dash	3	7.03	Indoor
Aba Omot	Shot Put	2	49-5	Indoor
Joe Wistrill	60 Meter Hurdles	1	8.47	Indoor
Max Dunne	Pole Vault	3	14-7.50	Indoor
Brian Jarvey	400 Meter Dash	1	49.68	Indoor
Brian Jarvey	200 Meter Dash	1	22.44	Indoor
Tyler Krpan	800 Meter Run	3	1:56.96	Indoor
Matt Schauer	Shot Put	3	47-6.25	Indoor
Cole Boughner	4x200 M Relay	1	1:29.46	Indoor
Tremayne Williams	4x200 M Relay	1	1:29.46	Indoor
Ryan Queenan	4x200 M Relay	1	1:29.46	Indoor
Brian Jarvey	4x200 M Relay	1	1:29.46	Indoor
Nick Harrison	600 Meter Dash	3	1:23.21	Indoor

### 2014

#### All Conference

Athlete	Event	Place	Perf.	Season
Tremayne Williams	100 Meter Dash	3	11.08	Outdoor
Cole Boughner	200 Meter Dash	3	22.35	Outdoor
Brian Jarvey	400 Meter Dash	1	48.25	Outdoor
Ryan Trapp	800 Meter Run	2	1:52.74	Outdoor
Keaton Wendroth	1500 Meter Run	3	3:56.49	Outdoor
Joe Wistrill	110 Meter Hurdles	1	15.20	Outdoor
Matt Schauer	Shot Put	1	50-8.25	Outdoor
Bryan Thell	Shot Put	2	49-5.75	Outdoor
Bryan Thell	Hammer Throw	1	172-3	Outdoor
Max Dunne	Pole Vault	1	15-0	Outdoor
Max Dunne	Decathlon	1	6561	Outdoor
Connor O'Neill	Decathlon	3	5752	Outdoor

#### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Connor O'Neill	60 M Hurdles	6	8.82	Indoor
Connor O'Neill	Pole Vault	6	14-1.75	Indoor
Connor O'Neill	High Jump	6	6-2.25	Indoor
Keaton Wendroth	Mile Run	4	4:19.29	Indoor
Keaton Wendroth	3000 Meter Run	4	8:37.55	Indoor
Michael Witschen	Long Jump	4	21-10	Indoor
Fritz Alt	800 Meter Run	6	1:58.21	Indoor
Ben Long	DMR	2	10:37.90	Indoor
Jacob Gredvig	DMR	2	10:37.90	Indoor
Doug Mueller	DMR	2	10:37.90	Indoor
Sam Bach	DMR	2	10:37.90	Indoor
Connor O'Neil	High Jump	6	6-2.25	Indoor
Micah Hausman	Shot Put	4	47-5.75	Indoor
Tyler Krpan	1000 Meter Run	6	2:34.20	Indoor
Cole Boughner	200 Meter Dash	4	22.66	Indoor
Ryan Queenan	4x400 M Relay	2	3:22.72	Indoor
Nick Harrison	4x400 M Relay	2	3:22.72	Indoor
Cole Boughner	4x400 M Relay	2	3:22.72	Indoor
Brian Jarvey	4x400 M Relay	2	3:22.72	Indoor

#### MIAC Award Winners

## 2013

### All Conference

Athlete	Event	Place	Perf.	Season
Cole Boughner	200 Meter Dash	3	22.77	Indoor
Doug Thoresen	400 Meter Dash	1	49.93	Indoor
Doug Thoresen	600 Meter Run	1	1:21.61	Indoor
Tyler Krypan	1000 Meter Run	3	2:33.72	Indoor
Keaton Wendroth	3000 Meter Run	2	8:40.22	Indoor
Joe Wistracill	60 Meter Hurdles	1	8.53	Indoor
Gavin Yseth	60 Meter Hurdles	3	8.72	Indoor
Gavin Yseth	Heptathlon	1	4797Pts	Indoor
Eyo Ekpo	Long Jump	1	22-11.75	Indoor
Eyo Ekpo	Triple Jump	1	47-6.5	Indoor
Eyo Ekpo	High Jump	1	6-7	Indoor
Bryan Thell	Shot Put	1	50-8.25	Indoor
Bryan Thell	Weight Throw	2	55-1	Indoor
Aba Omot	Shot Put	2	50-3.5	Indoor
Aba Omot	Weight Throw	1	56-4.75	Indoor
Max Dunne	Pole Vault	2	15-4.25	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Aba Omot	60 Meter Dash	6	7.13	Indoor
Dan Kremer	600 Meter Run	4	1:23.30	Indoor
Doug Mueller	600 Meter Run	5	1:23.40	Indoor
Alex Schroeder	800 Meter Run	5	1:57.77	Indoor
Alex Schroeder	1000 Meter Run	4	2:34.42	Indoor
Keaton Wendroth	Mile Run	5	4:19.91	Indoor
Cole Boughner	4x200 M Relay	2	1:31.37	Indoor
Jeff Rada	4x200 M Relay	2	1:31.37	Indoor
Maxwell Dardner	4x200 M Relay	2	1:31.37	Indoor
Ryan D'Kae	4x200 M Relay	2	1:31.37	Indoor
Cole Boughner	4x400 M Relay	2	3:23.15	Indoor
Nick Harrison	4x400 M Relay	2	3:23.15	Indoor
Christian Roemhildt	4x400 M Relay	2	3:23.15	Indoor
Doug Thoresen	4x400 M Relay	2	3:23.15	Indoor
Devin Dirth	Shot Put	5	47-5.75	Indoor
Pat Ecklund	Heptathlon	5	4312	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Cody Jerabek	100 Meter Dash	1	10.71	Outdoor
Cody Jerabek	200 Meter Dash	1	21.76	Outdoor
Brian Jarvey	400 Meter Dash	1	48.65	Outdoor
Charlie Pechous	Long Jump	1	23-0.5	Outdoor
Eyo Ekpo	Long Jump	2	22-6	Outdoor
Eyo Ekpo	Triple Jump	1	45-3	Outdoor
Eyo Ekpo	High Jump	2	6-9	Outdoor
Bryan Thell	Shot Put	1	50-9.5	Outdoor
Bryan Thell	Hammer Throw	2	166-9	Outdoor
Matt Schauer	Shot Put	2	48-10.75	Outdoor
Aba Omot	Shot Put	3	48-4.75	Outdoor
Aba Omot	Discus	1	154-0	Outdoor
Aba Omot	Hammer Throw	1	173-8	Outdoor
Max Dunne	Pole Vault	3	15-1.5	Outdoor
Max Dunne	Decathlon	1	6322	Outdoor
Devin Dirth	Decathlon	2	6142	Outdoor
Gavin Yseth	Decathlon	3	6097	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Doug Thoresen	400 Meter Dash	6	49.67	Outdoor
Gavin Yseth	110 Hurdles	6	15.94	Outdoor
Gavin Yseth	400 Hurdles	5	56.04	Outdoor
Pat Ecklund	Decathlon	5	5700 Pts	Outdoor

## 2012

### All Conference

Athlete	Event	Place	Perf.	Season
Cody Jerabek	100 Meter Dash	1	10.83	Outdoor
Cody Jerabek	200 Meter Dash	1	22.01	Outdoor
Jeff Rada	200 Meter Dash	2	22.18	Outdoor
Mike Hutton	800 Meter Run	1	1:51.27	Outdoor
Ben Sathre	5000 Meter Run	2	15:60.74	Outdoor
Ben Sathre	10000 Meter Run	2	32:17.54	Outdoor
Doug Thoresen	4x400 M Relay	1	3:16.39	Outdoor
Cody Jerabek	4x400 M Relay	1	3:16.39	Outdoor
Doug Mueller	4x400 M Relay	1	3:16.39	Outdoor
Mike Hutton	4x400 M Relay	1	3:16.39	Outdoor
Doug Thoresen	4x800 M Relay	1	7:40.64	Outdoor
Grant Timm	4x800 M Relay	1	7:40.64	Outdoor
Doug Mueller	4x800 M Relay	1	7:40.64	Outdoor
Mike Hutton	4x800 M Relay	1	7:40.64	Outdoor
Eyo Ekpo	Long Jump	3	22-4	Outdoor
Eyo Ekpo	High Jump	1	6-10.75	Outdoor
Bryan Thell	Shot Put	2	51-1.5	Outdoor
Bryan Thell	Hammer Throw	2	175-5	Outdoor
Max Dune	Decathlon	1	6201	Outdoor
Gavin Yseth	Decathlon	2	6151	Outdoor
Patrick Ecklund	Decathlon	3	5868	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Jeff Rada	100 Meter Dash	5	11.03	Outdoor
Doug Thoresen	400 Meter Dash	4	49.58	Outdoor
Doug Mueller	400 Meter Dash	6	50.12	Outdoor
Keaton Wendroth	1500 Meter Run	6	3:57.94	Outdoor
Nick Michalak	10000 Meter Run	5	32:36.04	Outdoor
Joe Wistracill	110 Hurdles	4	15.41	Outdoor
Blake Bordson	400 Hurdles	6	55.53	Outdoor
Tyler Iverson	3000 Meter SC	4	9:30.15	Outdoor
Max Dunne	4x100 M Relay	2	42.17	Outdoor
Jeff Rada	4x100 M Relay	2	42.17	Outdoor
Nick Braunig	4x100 M Relay	2	42.17	Outdoor
Cody Jerabek	4x100 M Relay	2	42.17	Outdoor
Blake Bordson	Javelin Throw	4	158-8	Outdoor
Thomas Foote	Pole Vault	4	14-9	Outdoor

### All Conference

Athlete	Event	Place	Perf.	Season
Cody Jerabek	60 Meter Dash	1	6.86	Indoor
Mike Hutton	600 Meter Run	1	1:20.29	Indoor
Mike Hutton	800 Meter Run	1	1:52.69	Indoor
Ben Sathre	Mile Run	1	4:11.95	Indoor
Ben Sathre	3000 Meter Run	1	8:29.52	Indoor
Joe Wistracill	60 Meter Hurdles	1	8.40	Indoor
Eyo Ekpo	Long Jump	1	22-8	Indoor
Eyo Ekpo	Triple Jump	1	49-3	Indoor
Eyo Ekpo	High Jump	1	6-9.75	Indoor
Aba Omot	Weight Throw	3	55-5.5	Indoor
Gavin Yseth	Heptathlon	1	4709Pts	Indoor
Max Dunne	Heptathlon	2	4694Pts	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Doug Thoresen	600 Meter Run	4	1:22.53	Indoor
Doug Mueller	600 Meter Run	5	1:22.65	Indoor
Tyler Iverson	5000 Meter Run	6	15:32.43	Indoor
Dan Kremer	DMR	2	10:30.57	Indoor
Nick Harrison	DMR	2	10:30.57	Indoor
Crawford Hubbell	DMR	2	10:30.57	Indoor
Grant Timm	DMR	2	10:30.57	Indoor
Nick Braunig	Long Jump	6	21-5.25	Indoor
Aba Omot	Shot Put	4	46-2	Indoor
Bryan Thell	Shot Put	6	45-7	Indoor

Bryan Thell	Weight Throw	5	53-10.25	Indoor
Ayo Iodowa	Weight Throw	6	52-7.25	Indoor
Patrick Ecklund	High Jump	5	6-4	Indoor
Patrick Ecklund	Heptathlon	4	4477Pts	Indoor
Andy Edmunds	Pole Vault	6	14-9	Indoor
Thomas Foote	Pole Vault	4	14-9	Indoor

Greg Dowe	800 Meter Run	4	1:54.02	Outdoor
Joe Rohlfing	High Jump	4	6-5	Outdoor
Ben Michel	Pole Vault	4	14-8	Outdoor
Tyler Iverson	Steeple	5	9:33.56	Outdoor
Ben Sathre	10000 Meter Run	5	32:02.85	Outdoor
Andy Edmunds	Pole Vault	5	14-2	Outdoor
Gavin Yseth	Decathlon	5	5518 Pts	Outdoor
Ben Yorkovich	400 Meter Dash	6	49.20	Outdoor
Gavin Yseth	400 Hurdles	6	55.40	Outdoor
Sam Moen	Long Jump	6	20-9.75	Outdoor

## 2011

### All Conference

Athlete	Event	Place	Perf.	Season
Mike Hutton	600 Yard Dash	1	1:12.53	Indoor
Mike Hutton	800 Meter Run	1	1:53.61	Indoor
Ben Sathre	3000 Meter Run	1	8:29.09	Indoor
Ben Sathre	5000 Meter Run	1	14:32.82	Indoor
Cody Jerabek	4X400 M Relay	1	3:22.71	Indoor
Matthew Griswold	4X400 M Relay	1	3:22.71	Indoor
Ben Yorkovich	4X400 M Relay	1	3:22.71	Indoor
Mike Hutton	4X400 M Relay	1	3:22.71	Indoor
Eyo Ekpo	Triple Jump	1	47-5.75	Indoor
Matthew Griswold	Pentathlon	1	3418 Pts	Indoor
Matthew Griswold	55 Meter Hurdles	2	7.73	Indoor
Eyo Ekpo	Long Jump	2	22-1.75	Indoor
Eyo Ekpo	High Jump	2	6-6.75	Indoor
Gavin Yseth	Pentathlon	2	3410 Pts	Indoor
Cody Jerabek	55 Meter Dash	3	6.60	Indoor
Joe Wistrill	55 Meter Hurdles	3	8.07	Indoor
Devin Dirth	Pentathlon	3	3392 Pts	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Sam Kovar	Long Jump	4	21-11.75	Indoor
Patrick Ecklund	High Jump	4	6-2.25	Indoor
Chris Victor	Pole Vault	4	14-5.25	Indoor
Matthew Griswold	200 Meter Dash	6	22.95	Indoor
Ben Yorkovich	400 Meter Dash	6	51.27	Indoor
Devin Dirth	Shot Put	6	46-7.25	Indoor
Andy Edmunds	Pole Vault	6	13-11.25	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Matthew Griswold	Pentathlon	1	3331 Pts	Indoor
Mike Hutton	1000 Meter Dash	1	2:33.14	Indoor
Eyo Ekpo	Triple Jump	1	47-10.75	Indoor
Matthew Griswold	55 Meter Hurdles	2	7.80	Indoor
Ben Sathre	3000 Meter Run	2	8:38.43	Indoor
Ben Sathre	5000 Meter Run	2	14:54.25	Indoor
Eyo Ekpo	Long Jump	2	21-9	Indoor
Patrick Jager	200 Meter Dash	2	22.70	Indoor
Mike Hutton	800 Meter Run	2	1:53.14	Indoor
Joe Rohlfing	Pentathlon	2	3212 Pts	Indoor
Patrick Jager	400 Meter Dash	3	50.07	Indoor
Eyo Ekpo	High Jump	3	6-5	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Matthew Griswold	4 x 400 M Relay	2	3:19.19	Indoor
Joe Rohlfing	4 x 400 M Relay	2	3:19.19	Indoor
Mike Hutton	4 x 400 M Relay	2	3:19.19	Indoor
Patrick Jager	4 x 400 M Relay	2	3:19.19	Indoor
Andy Edmunds	Pole Vault	4	14-5.25	Indoor
Matthew Griswold	600 Yard Dash	4	1:13.65	Indoor
Gavin Yseth	Pentathlon	4	3164 Pts	Indoor
Sam Moen	55 Meter Dash	5	6.63	Indoor
Cameron Roemhildt	High Jump	5	6-2	Indoor
Cameron Roemhildt	Long Jump	5	21-2.50	Indoor
Eric Lois	400 Meter Dash	5	50.62	Indoor
Joe Rohlfing	High Jump	5	6-2	Indoor
Devin Dirth	Shot Put	6	47--3.75	Indoor
Anthony Kelly	Pole Vault	6	13-11.50	Indoor

## 2010

### All Conference

Athlete	Event	Place	Perf.	Season
Patrick Jager	200 Meter Dash	1	21.50	Outdoor
Patrick Jager	400 Meter Dash	1	47.67	Outdoor
Matthew Griswold	4X100 M Relay	1	41.41	Outdoor
Sam Moen	4X100 M Relay	1	41.41	Outdoor
Joe Rohlfing	4X100 M Relay	1	41.41	Outdoor
Patrick Jager	4X100 M Relay	1	41.41	Outdoor
Eyo Ekpo	Long Jump	1	22-3.5	Outdoor
Eyo Ekpo	Triple Jump	1	48-4	Outdoor
Devin Dirth	Decathlon	1	5838 Pts	Outdoor
Sam Moen	100 Meter Dash	2	11.2	Outdoor
Matthew Griswold	110 Hurdles	2	15.18	Outdoor
Matthew Griswold	400 Hurdles	2	52.79	Outdoor
Mike Hutton	800 Meter Run	2	1:53.29	Outdoor
Cameron Roemhildt	Long Jump	2	21-4	Outdoor
Eyo Ekpo	High Jump	2	6-7.5	Outdoor
Joe Rohlfing	400 Hurdles	3	53.80	Outdoor
Anthony Kelly	Pole Vault	3	15-0	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Matthew Griswold	4X400 M Relay	2	3:16.16	Outdoor
Mike Hutton	4X400 M Relay	2	3:16.16	Outdoor
Joe Rohlfing	4X400 M Relay	2	3:16.16	Outdoor
Patrick Jager	4X400 M Relay	2	3:16.16	Outdoor

## 2009

### All Conference

Athlete	Event	Place	Perf.	Season
James Ewer	100 M Dash	1	10.73p	Outdoor
James Ewer	Long Jump	1	23-4	Outdoor
Joe DeFrance	200 M Dash	1	21.63p	Outdoor
Brian Sames	800 M Run	1	1:52.86	Outdoor
Andrew Brueggen	Hammer	1	177-0	Outdoor
Matt Griswold	400 Hurdles	1	52.86	Outdoor
Chris Bradford	4x100 M Relay	1	41.30	Outdoor
Sam Moen	4x100 M Relay	1	41.30	Outdoor
Phil Bastron	4x100 M Relay	1	41.82p	Outdoor
Joe Rohlfing	4x100 M Relay	1	41.30	Outdoor
Phil Bastron	4x400 M Relay	1	3:13.02	Outdoor
James Ewer	4x400 M Relay	1	3:13.02	Outdoor
Joe DeFrance	4x400 M Relay	1	3:13.02	Outdoor
Pat Jager	4x400 M Relay	1	3:13.02	Outdoor
Joe DeFrance	100 M Dash	2	10.76p	Outdoor
Pat Jager	200 M Dash	2	21.84p	Outdoor
Pat Jager	400 M Dash	2	48.26	Outdoor
Kyle Brandon	1500 M Run	2	3:58.89	Outdoor
James Ewer	200 M Dash	3	22.00	Outdoor
Sam Moen	100 M Dash	3	10.77p	Outdoor
Matt Boumeester	1500 M Run	3	3:59.37	Outdoor
Anthony Kelly	Pole Vault	3	14-6.75	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Matt Griswold	110 Hurdles	4	15.04	Outdoor
Sam Moen	Long Jump	4	22-4.25	Outdoor
Chris Victor	Pole Vault	4	14-6.75	Outdoor
Joe Rohlifing	High Jump	5	6-2	Outdoor
Mike Connell	Steeple	5	9:36.60	Outdoor
Tyler Iverson	Steeple	6	9:40.77	Outdoor
Brian Pink	High Jump	6	6-2	Outdoor
Joe Rohlifing	400 Hurdles	6	55.14p	Outdoor
Mike Hutton	800 M Run	6	1:55.72	Outdoor

### All Conference

Athlete	Event	Place	Perf.	Season
Joe DeFrance	200 M Dash	1	21.96	Indoor
Pat Jager	400 M Dash	1	49.20	Indoor
Brian Sames	800 M Run	1	1:54.56	Indoor
Brian Sames	1000 M Run	1	2:30.34	Indoor
Chris Bradford	4x200 M Relay	1	1:30.03	Indoor
Sam Moen	4x200 M Relay	1	1:30.03	Indoor
Matt Griswold	4x200 M Relay	1	1:30.03	Indoor
Luke Sames	4x200 M Relay	1	1:30.03	Indoor
Joe DeFrance	4x400 M Relay	1	3:21.07	Indoor
Greg Dowe	4x400 M Relay	1	3:21.07	Indoor
Phil Bastron	4x400 M Relay	1	3:21.07	Indoor
Pat Jager	4x400 M Relay	1	3:21.07	Indoor
Chris Bradford	55 M Dash	2	6.47	Indoor
Pat Jager	200 M Dash	2	22.28	Indoor
Mike Hutton	600 Yd Dash	2	1:14.04	Indoor
Ben Michel	Pole Vault	2	14-6.25	Indoor
Mike Hutton	800 M Run	3	1:54.86	Indoor
Kyle Brandon	Mile Run	3	4:24.22	Indoor
Matt Griswold	55 M Hurdles	3	7.73	Indoor

### MIAC Award Winners

Nicholas George	DMR	2	10:39.08	Indoor
Joe Rohlifing	DMR	2	10:39.08	Indoor
Greg Dowe	DMR	2	10:39.08	Indoor
Evan Schwartz	DMR	2	10:39.08	Indoor
Phil Bastron	200 M Dash	4	22.64	Indoor
Kyle Brandon	1000 M Run	4	2:32.62	Indoor
Brian Pink	High Jump	4	6-4.25	Indoor
Joe Rohlifing	Pentathlon	4	3282	Indoor
Greg Dowe	1000 M Run	5	2:32.69	Indoor
Matt Boumeester	Mile Run	5	4:27.12	Indoor
Chris Victor	Pole Vault	5	14-0.5	Indoor
Sam Moen	55 M Dash	6	6.58	Indoor
Luke Sames	600 Yd Dash	6	1:14.95	Indoor
Evan Schwartz	1000 M Run	6	2:33.74	Indoor
Mike Connell	5000 M Run	6	15:19.91	Indoor
Chris Bradford	Long Jump	6	20-10	Indoor
Joe Rohlifing	High Jump	6	6-2.25	Indoor

## 2008

### All Conference

Athlete	Event	Place	Perf.	Season
Pat Jager	200 M Dash	1	22.28	Outdoor
Brian Sames	800 M Run	1	1:53.17	Outdoor
PJ Theisen	400 M Hurdles	1	52.63	Outdoor
Derek Marks	Discus	1	165-7	Outdoor
Mark O'Connell	Hammer	1	178-8	Outdoor
Chris Bradford	4x100 M Relay	1	42.18	Outdoor
Sam Moen	4x100 M Relay	1	42.18	Outdoor
Phil Bastron	4x100 M Relay	1	42.18	Outdoor
PJ Theisen	4x100 M Relay	1	42.18	Outdoor
Neil Atzinger	4x800 M Relay	1	7:36.41	Outdoor
Greg Dowe	4x800 M Relay	1	7:36.41	Outdoor
Matt Boumeester	4x800 M Relay	1	7:36.41	Outdoor
Brian Sames	4x800 M Relay	1	7:36.41	Outdoor

Sam Moen	100 M Dash	2	11.04	Outdoor
Matt Boumeester	5000 M Run	2	14:59.14	Outdoor
PJ Theisen	110 M Hurdles	2	14.66	Outdoor
PJ Theisen	Long Jump	2	23-8	Outdoor
Chris Bradford	100 M Dash	3	11.11	Outdoor
Pat Jager	400 M Dash	3	48.74	Outdoor
Kyle Brandon	1500 M Run	3	3:56.21	Outdoor
PJ Theisen	Triple Jump	3	45-10.75	Outdoor
Derek Marks	Hammer Throw	3	163-5	Outdoor
Chris Victor	Pole Vault	3	14-9	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
PJ Theisen	4x400 M Relay	2	3:19.23	Outdoor
Phil Bastron	4x400 M Relay	2	3:19.23	Outdoor
Brian Sames	4x400 M Relay	2	3:19.23	Outdoor
Pat Jager	4x400 M Relay	2	3:19.23	Outdoor
Neil Atzinger	1500 M Run	4	3:56.72	Outdoor
Jonah Shermer	High Jump	4	6-1.5	Outdoor
Joe DeFrance	100 M Dash	5	11.16	Outdoor
Phil Bastron	200 M Dash	5	22.81	Outdoor
Ryan Chapman	400 M Hurdles	5	55.39	Outdoor
Mark O'Connell	Shot Put	6	49-3.5	Outdoor

### All Conference

Athlete	Event	Place	Perf.	Season
James Ewer	55 M Dash	1	6.34	Indoor
Joe DeFrance	200 M Dash	1	22.23	Indoor
Brian Sames	800 M Run	1	1:54.68	Indoor
Neil Atzinger	1000 M Run	1	2:33.48	Indoor
Neil Atzinger	Mile Run	1	4:16.29	Indoor
James Ewer	Long Jump	1	22-8.5	Indoor
Derek Marks	Weight Throw	1	56-3.25	Indoor
Chris Bradford	4x200 M Relay	1	1:30.43	Indoor
Scott Mattke	4x200 M Relay	1	1:30.43	Indoor
Sam Moen	4x200 M Relay	1	1:30.43	Indoor
Matt Griswold	4x200 M Relay	1	1:30.43	Indoor
Joe DeFrance	4x400 M Relay	1	3:21.96	Indoor
James Ewer	4x400 M Relay	1	3:21.96	Indoor
Phil Bastron	4x400 M Relay	1	3:21.96	Indoor
PJ Theisen	4x400 M Relay	1	3:21.96	Indoor
Chris Bradford	55 M Dash	2	6.45	Indoor
James Ewer	200 M Dash	2	22.49	Indoor
PJ Theisen	400 M Dash	2	50.22	Indoor
Kyle Brandon	1000 M Run	2	2:34.34	Indoor
PJ Theisen	55 M Hurdles	2	7.70	Indoor
PJ Theisen	Long Jump	2	22-7	Indoor
PJ Theisen	Triple Jump	2	46-7.5	Indoor
Mark O'Connell	Weight Throw	2	55-5	Indoor
Chris Victor	Pole Vault	2	14-7.5	Indoor
Joe DeFrance	55 M Dash	3	6.46	Indoor
Phil Bastron	400 M Dash	3	50.70	Indoor
Kyle Brandon	Mile Run	3	4:17.47	Indoor
Ryan Blake	Pole Vault	3	14-1.75	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Nick George	DMR	3	10:26.66	Indoor
Joe Rohlifing	DMR	3	10:26.66	Indoor
Greg Dowe	DMR	3	10:26.66	Indoor
Matt Boumeester	DMR	3	10:26.66	Indoor
Cameron Roemhildt	High Jump	4	6-2.25	Indoor
Matt Griswold	55 M Hurdles	5	7.83P	Indoor
Darnell Clark	Triple Jump	5	43-10.5	Indoor
Mark O'Connell	Shot Put	5	47-3.5	Indoor
Sam Moen	200 M Dash	6	22.98	Indoor
RJ Strand	Triple Jump	6	43-7	Indoor

## 2007

## All Conference

Athlete	Event	Place	Perf.	Season
Chris Bradford	55 M Dash	1	6.48	Indoor
Joe DeFrance	200 M Dash	1	22.60	Indoor
Brian Sames	800 M Run	1	1:56.38	Indoor
Matt Boumeester	1000 M Run	1	2:33.69	Indoor
Kyle Brandon	Mile Run	1	4:17.38	Indoor
James Ewer	Long Jump	1	22-8.5	Indoor
Matt Schroeder	Pole Vault	1	16-3.25	Indoor
James Ewer	55 M Dash	2	6.49	Indoor
Matt Boumeester	800 M Run	2	1:56.98	Indoor
Travis Birkliid	55 M Hurdles	2	7.87	Indoor
Derek Marks	Weight Throw	2	57-1.5	Indoor
Joe DeFrance	55 M Dash	3	6.57	Indoor
Kyle Brandon	1000 M Run	3	2:34.77	Indoor
Alex Weaver	Long Jump	3	21-6	Indoor

## MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Scott Mattke	4x200 M Relay	2	1:31.68	Indoor
Kyle Jepson	4x200 M Relay	2	1:31.68	Indoor
Travis Birkliid	4x200 M Relay	2	1:31.68	Indoor
James Ewer	4x200 M Relay	2	1:31.68	Indoor
James Ewer	200 M Dash	4	23.12	Indoor
Phil Bastron	200 M Dash	5	23.12	Indoor
Brian Sames	600 Y Dash	5	1:14.16	Indoor
Neil Atzinger	1000 M Run	5	2:35.54	Indoor
Brian Welle	55 M Hurdles	5	8.13	Indoor
Kyle Jepson	55 M Dash	6	6.62	Indoor
Greg Dowe	800 M Run	6	1:58.97	Indoor

## All Conference

Athlete	Event	Place	Perf.	Season
Brian Sames	800 M Run	1	1:55.44	Outdoor
Derek Marks	Discus Throw	1	167-3	Outdoor
Chris Bradford	4x100 M Relay	1	41.46	Outdoor
Kyle Jepson	4x100 M Relay	1	41.46	Outdoor
Phil Bastron	4x100 M Relay	1	41.46	Outdoor
Sam Moen	4x100 M Relay	1	41.46	Outdoor
Logan O'Grady	4x800 M Relay	1	7:44.20	Outdoor
Greg Dowe	4x800 M Relay	1	7:44.20	Outdoor
Kyle Brandon	4x800 M Relay	1	7:44.20	Outdoor
Brian Sames	4x800 M Relay	1	7:44.20	Outdoor
Chris Bradford	100 M Dash	2	11.12	Outdoor
James Ewer	200 M Dash	2	22.21	Outdoor
James Ewer	400 M Dash	2	48.70	Outdoor
Kyle Brandon	1500 M Run	2	4:01.64	Outdoor
Joe Rohlfing	High Jump	2	6-2	Outdoor
Matt Schroeder	Pole Vault	2	15-2.25	Outdoor
Kyle Jepson	100 M Dash	3	11.13	Outdoor
Phil Bastron	200 M Dash	3	22.55	Outdoor
James Ewer	Long Jump	3	22-11.25	Outdoor
Mark O'Connell	Hammer Throw	3	167-6	Outdoor

## MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Kyle Jepson	200 M Dash	4	22.71	Outdoor
Logan O'Grady	3000 M Steeple	4	9:36.27	Outdoor
Cameron Roemhildt	Triple Jump	4	43-9.75	Outdoor
Mark O'Connell	Shot Put	4	47-9	Outdoor
Derek Marks	Hammer Throw	4	164-8	Outdoor
Sam Moen	100 M Dash	5	11.31	Outdoor
Greg Dowe	800 M Run	5	1:56.80	Outdoor
Matt Boumeester	1500 M Run	5	4:05.47	Outdoor
RJ Strand	Triple Jump	5	43-8.5	Outdoor
Chris Bradford	200 M Dash	6	22.86	Outdoor
Neil Atzinger	800 M Run	6	1:56.99	Outdoor

## 2006

### All Conference

Athlete	Event	Place	Perf.	Season
James Ewer	55 M Dash	1	6.46	Indoor
Cassidy Glad	200 M Dash	1	22.68	Indoor
PJ Theisen	400 M Dash	1	49.86	Indoor
Matt Boumeester	1000 M Run	1	2:33.85	Indoor
PJ Theisen	55 M Hurdles	1	7.63	Indoor
PJ Theisen	Long Jump	1	23-4.5	Indoor
PJ Theisen	Triple Jump	1	46-2.5	Indoor
Peter Rosholt	Weight Throw	1	58-0.5	Indoor
James Ewer	4x400 M Relay	1	3:21.54	Indoor
J.J. Kirby	4x400 M Relay	1	3:21.54	Indoor
Pat Jager	4x400 M Relay	1	3:21.54	Indoor
PJ Theisen	4x400 M Relay	1	3:21.54	Indoor
Joe Hoovestol	DMR	1	10:29.84	Indoor
Cassidy Glad	DMR	1	10:29.84	Indoor
Evan Schwartz	DMR	1	10:29.84	Indoor
Kyle Brandon	DMR	1	10:29.84	Indoor
Cassidy Glad	55 M Dash	2	6.59	Indoor
James Ewer	200 M Dash	2	22.72	Indoor
Matt Boumeester	Mile Run	2	4:21.10	Indoor
James Ewer	Long Jump	2	23-4.5	Indoor
Matt Schroeder	Pole Vault	2	14-10.25	Indoor
PJ Theisen	200 M Dash	3	22.73	Indoor
Pat Jager	400 M Dash	3	50.06	Indoor
Kyle Brandon	1000 M Run	3	2:35.65	Indoor
Travis Birkliid	55 M Hurdles	3	8.04	Indoor
Mike Draxton	High Jump	3	6-4.25	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Kyle Jepson	55 M Dash	4	6.63	Indoor
Joe DeFrance	200 M Dash	4	22.86	Indoor
Joe Hoovestol	1000 M Run	4	2:36.57	Indoor
Jonah Shermer	High Jump	4	6-2.25	Indoor
Joe DeFrance	55 M Dash	5	6.64	Indoor
J.J. Kirby	400 M Dash	5	50.91	Indoor
Brian Pink	High Jump	5	6-2.25	Indoor
Andy Dauer	Pole Vault	5	14-0.25	Indoor
Logan O'Grady	Mile Run	6	4:25.64	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
James Ewer	100 M Dash	1	10.85	Outdoor
James Ewer	200 M Dash	1	21.87	Outdoor
JJ Kirby	400 M Dash	1	49.10	Outdoor
Brian Sames	800 M Run	1	1:55.18	Outdoor
PJ Theisen	400 M Hurdles	1	52.91	Outdoor
James Ewer	Long Jump	1	22-7.75	Outdoor
PJ Theisen	Triple Jump	1	47-6.5	Outdoor
Mike Draxton	High Jump	1	6-4	Outdoor
Derek Marks	Discus	1	165-2	Outdoor
Matt Schroeder	Pole Vault	1	15-9	Outdoor
Greg Dowe	4x800 M Relay	1	7:52.25	Outdoor
Brian Sames	4x800 M Relay	1	7:52.25	Outdoor
Joe Hoovestol	4x800 M Relay	1	7:52.25	Outdoor
Matt Boumeester	4x800 M Relay	1	7:52.25	Outdoor
Joe DeFrance	100 M Dash	2	10.96	Outdoor
Pat Jager	200 M Dash	2	22.29	Outdoor
Joe Hoovestol	800 M Run	2	1:56.37	Outdoor
Matt Boumeester	1500 M Run	2	4:02.65	Outdoor
PJ Theisen	110 M Hurdles	2	14.66	Outdoor
Peter Rosholt	Hammer	2	169-4	Outdoor
Jonah Shermer	High Jump	2	6-2	Outdoor
Pat Jager	400 M Dash	3	49.45	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Kyle Brandon	1500 M Run	4	4:03.51	Outdoor

Zach Turner	110 M hurdles	4	15.22	Outdoor
J.J. Kirby	High Jump	5	6-0	Outdoor
Mark O'Connell	Shot Put	5	47-5.25	Outdoor
Andy Dauer	Pole Vault	5	15-1	Outdoor

PJ Theisen	4x400 M Relay	2	3:18.24	Outdoor
Carson Glad	4x400 M Relay	2	3:18.24	Outdoor
Cassidy Glad	4x400 M Relay	2	3:18.24	Outdoor
Jason Schwietz	4x400 M Relay	2	3:18.24	Outdoor
Joe Hoovestol	4x800 M Relay	2	7:52.40	Outdoor
Jeff Goeden	4x800 M Relay	2	7:52.40	Outdoor
Bryce Beckman	4x800 M Relay	2	7:52.40	Outdoor
Cory Fusco	4x800 M Relay	2	7:52.40	Outdoor
Cassidy Glad	200 M Dash	4	22.44	Outdoor
Travis Birkliid	110 M Hurdles	4	15.92	Outdoor
PJ Theisen	Triple Jump	4	43-10.5	Outdoor
Scott Busacker	400 M Hurdles	5	57.08	Outdoor
Colin Sullivan	10000 M Run	6	32:29.56	Outdoor
Brian Welle	400 M Hurdles	6	57.38	Outdoor

## 2005

### All Conference

Athlete	Event	Place	Perf.	Season
Carson Glad	200 M Dash	1	22.06	Indoor
Carson Glad	400 M Dash	1	49.35	Indoor
Cory Fusco	1000 M Run	1	2:30.92	Indoor
Travis Birkliid	55 M Hurdles	1	7.92	Indoor
PJ Theisen	Long Jump	1	22-9.25	Indoor
Joe Thomas	High Jump	1	6-6.75	Indoor
PJ Theisen	4x200 M Relay	1	1:30.54	Indoor
Travis Birkliid	4x200 M Relay	1	1:30.54	Indoor
Jarrold Gray	4x200 M Relay	1	1:30.54	Indoor
Chris Matttke	4x200 M Relay	1	1:30.54	Indoor
Carson Glad	4x400 M Relay	1	3:21.28	Indoor
Cassidy Glad	4x400 M Relay	1	3:21.28	Indoor
PJ Theisen	4x400 M Relay	1	3:21.28	Indoor
Jason Schwietz	4x400 M Relay	1	3:21.28	Indoor
Jeff Goeden	DMR	1	10:35.32	Indoor
Cassidy Glad	DMR	1	10:35.32	Indoor
Bryan Limmer	DMR	1	10:35.32	Indoor
Joe Hoovestol	DMR	1	10:35.32	Indoor
Cassidy Glad	200 M Dash	2	22.39	Indoor
Jason Schwietz	400 M Dash	2	49.88	Indoor
PJ Theisen	600 Y Dash	2	1:13.84	Indoor
Bryce Beckman	800 M Run	2	1:55.57	Indoor
PJ Theisen	Triple Jump	2	46-10.75	Indoor
Mike Draxton	High Jump	2	6-4.75	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Cassidy Glad	55 M Dash	4	6.63	Indoor
Bryce Beckman	600 Y Dash	4	1:14.19	Indoor
Joe Thomas	Triple Jump	4	45-9.25	Indoor
Peter Rosholt	Weight Throw	4	52-11	Indoor
Cory Fusco	Mile Run	5	4:25.88	Indoor
Chris Matttke	55 M Hurdles	5	8.10	Indoor
Jarrold Gray	High Jump	5	6-0.75	Indoor
JJ Kirby	High Jump	5	6-0.75	Indoor
Andy Dauer	Heptathlon	5	4881	Indoor
JJ Kirby	400 M Dash	6	51.10	Indoor
Chris Matttke	600 Y Dash	6	1:16.34	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Carson Glad	200 M Dash	1	21.54P	Outdoor
Carson Glad	400 M Dash	1	48.56	Outdoor
Cory Fusco	800 M Run	1	1:55.33	Outdoor
Derek Marks	Discus Throw	1	158-11	Outdoor
Dave Diercks	Javelin Throw	1	187-3	Outdoor
Dan Everson	4x100 M Relay	1	41.98	Outdoor
Cassidy Glad	4x100 M Relay	1	41.98	Outdoor
Justin Nwadiashi	4x100 M Relay	1	41.98	Outdoor
Carson Glad	4x100 M Relay	1	41.98	Outdoor
Bryce Beckman	800 M Run	2	1:55.34	Outdoor
PJ Theisen	400 M Hurdles	2	54.19	Outdoor
Peter Rosholt	Hammer Throw	2	171-3	Outdoor
Mike Draxton	High Jump	2	6-4.25	Outdoor
Cassidy Glad	100 M Dash	3	11.27	Outdoor
Jason Schwietz	400 M Dash	3	48.87	Outdoor
PJ Theisen	Long Jump	3	21-10.75	Outdoor
Jarrold Gray	High Jump	3	6-4.25	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
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## 2004

### All Conference

Athlete	Event	Place	Perf.	Season
Carson Glad	200 M Dash	1	22.06	Indoor
PJ Theisen	Long Jump	1	22-5	Indoor
Matt McLaughlin	Weight Throw	1	55-2.75	Indoor
Matt Schroeder	Pole Vault	1	15-2.25	Indoor
Jason Schwietz	4x200 M Relay	1	1:30.11	Indoor
Adam Aaro	4x200 M Relay	1	1:30.11	Indoor
Kyle Fisher	4x200 M Relay	1	1:30.11	Indoor
Tom Hart	4x200 M Relay	1	1:30.11	Indoor
Carson Glad	55 M Dash	2	6.55	Indoor
Carson Glad	400 M Dash	2	49.04	Indoor
Cory Fusco	800 M Run	2	1:54.89	Indoor
Ben Garbe	Triple Jump	2	46-2.75	Indoor
Peter Rosholt	Weight Throw	2	52-8.75	Indoor
Brian Hauge	1000 M Run	3	2:35.92	Indoor
PJ Theisen	Triple Jump	3	44-9.75	Indoor
Mike Draxton	High Jump	3	6-2.25	Indoor
Joe Thomas	High Jump	3	6-2.25	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Chris Matttke	4x400 M Relay	2	3:24.92	Indoor
Bryce Beckman	4x400 M Relay	2	3:24.92	Indoor
Steve Rajewsky	4x400 M Relay	2	3:24.92	Indoor
Shaun Sharpe	4x400 M Relay	2	3:24.92	Indoor
Jeff Goeden	DMR	2	10:41.53	Indoor
Keith Harding	DMR	2	10:41.53	Indoor
Bryce Beckman	DMR	2	10:41.53	Indoor
Joe Hoovestol	DMR	2	10:41.53	Indoor
Jason Schwietz	200 M Dash	4	22.77	Indoor
Jason Schwietz	400 M Dash	4	50.43	Indoor
Chris Matttke	600 Y Dash	4	1:15.29	Indoor
Cory Fusco	1500 M Run	4	4:02.61	Indoor
John Schwerkoske	3000 M Run	4	8:56.33	Indoor
Travis Birkliid	55 M Hurdles	4	8.12	Indoor
Matt McLaughlin	Shot Put	4	47-9.75	Indoor
Tom Hart	55 M Dash	5	6.67	Indoor
PJ Theisen	400 M Dash	5	50.55	Indoor
Steve Rajewsky	600 Y Dash	5	1:15.35	Indoor
Nate Page	Pole Vault	5	14-2.5	Indoor
Sean Brenckman	5000 M Run	6	15:44.21	Indoor
Joe Thomas	Triple Jump	6	44-2.75	Indoor
J.J. Kirby	High Jump	6	6-2.25	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Carson Glad	200 M Dash	1	21.37	Outdoor
Carson Glad	400 M Dash	1	47.15	Outdoor
Jeremy Krentz	4x100 M Relay	1	41.65	Outdoor
Cassidy Glad	4x100 M Relay	1	41.65	Outdoor
Tom Hart	4x100 M Relay	1	41.65	Outdoor
Carson Glad	4x100 M Relay	1	41.65	Outdoor

PJ Theisen	4x400 M Relay	1	3:16.48	Outdoor	Jarrod Gray	High Jump	4	6-1.25	Indoor
Bryce Beckman	4x400 M Relay	1	3:16.48	Outdoor	J.J. Kirby	High Jump	4	6-1.25	Indoor
Cassidy Glad	4x400 M Relay	1	3:16.48	Outdoor	Mike Draxton	High Jump	4	6-1.25	Indoor
Jason Schwietz	4x400 M Relay	1	3:16.48	Outdoor	Carson Glad	55 M Dash	5	6.49P	Indoor
Bryan Limmer	4x800 M Relay	1	7:53.89	Outdoor	Levi Severson	5000 M Run	5	15:05.48	Indoor
Brian Hauge	4x800 M Relay	1	7:53.89	Outdoor	Jason Peterson	Long Jump	5	21-2.5	Indoor
Joe Hoovestol	4x800 M Relay	1	7:53.89	Outdoor	Andrew Hilliard	400 M Dash	5	50.60	Indoor
Corey Fusco	4x800 M Relay	1	7:53.89	Outdoor	Thomas Hart	55 M Dash	6	6.60	Indoor
Bryce Beckman	800 M Run	2	1:52.95	Outdoor	Thomas Hart	200 M Dash	6	22.74	Indoor
PJ Theisen	Long Jump	2	22-2.25	Outdoor	Sean Sharpe	400 M Dash	6	50.71	Indoor
Peter Rosholt	Hammer Throw	2	168-2	Outdoor	Brian Hauge	1000 M Run	6	2:36.15	Indoor
Dave Diercks	Javelin Throw	2	182-10	Outdoor	Levi Severson	3000 M Run	6	8:46.37	Indoor
Joe Thomas	High Jump	2	6-4.75	Outdoor	Adam Aaro	Long Jump	6	20-11.25	Indoor
Cassidy Glad	100 M Dash	3	10.99	Outdoor	Peter Rosholt	Weight Throw	6	45-0.25	Indoor
Cassidy Glad	200 M Dash	3	22.00	Outdoor					
Jason Schwietz	400 M Dash	3	48.24	Outdoor					
Corey Fusco	800 M Run	3	1:55.54	Outdoor					
PJ Theisen	400 M Hurdles	3	54.12	Outdoor					
Joe Thomas	Triple Jump	3	45-9.75	Outdoor					
Matt McLaughlin	Hammer Throw	3	164-6	Outdoor					
Ryan Collins	Javelin Throw	3	176-10	Outdoor					
Matt Schroeder	Pole Vault	3	14-2.5	Outdoor					

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Steve Groth	100 M Dash	4	11.14	Outdoor
Bill Kretsch	5000 M Run	4	15:20.86	Outdoor
Nick Schleder	400 M Hurdles	4	54.83	Outdoor
Ben Garbe	Triple Jump	4	45-9.25	Outdoor
Mike Draxton	High Jump	4	6-2.75	Outdoor
Tom Hart	100 M Dash	5	11.15	Outdoor
John Schwerkoske	5000 M Run	5	15:23.61	Outdoor
John Schwerkoske	10000 M Run	5	32:57.66	Outdoor
Chris Mattke	400 M Hurdles	5	55.09	Outdoor
PJ Theisen	Triple Jump	5	44-10.75	Outdoor
Jason Larson	Decathlon	5	5451	Outdoor
Dan Everson	100 M Dash	6	11.17	Outdoor
Bryan Limmer	800 M Run	6	1:56.57	Outdoor
Tom Hart	110 M Hurdles	6	15.67	Outdoor
Tristan Christ	3000 M Steeple	6	9:39.28	Outdoor
Tom Hart	Long Jump	6	21-7.5	Outdoor
Jarrod Gray	High Jump	6	6-0.75	Outdoor

## 2003

### All Conference

Athlete	Event	Place	Perf.	Season
Carson Glad	200 M Dash	1	22.11	Indoor
Carson Glad	400 M Dash	1	49.09	Indoor
Bryce Beckman	600 Y Dash	1	1:12.65	Indoor
Andrew Kisielius	Triple Jump	1	45-3.75	Indoor
Joe Thomas	High Jump	1	6-7	Indoor
Andrew Hilliard	4x400 M Relay	1	3:19.05	Indoor
Robert Ware	4x400 M Relay	1	3:19.05	Indoor
Jason Schweitz	4x400 M Relay	1	3:19.05	Indoor
Carson Glad	4x400 M Relay	1	3:19.05	Indoor
Bryce Beckman	800 M Run	2	1:55.12	Indoor
Brian Preus	5000 M Run	2	14:57.17	Indoor
Roman Cress	55 M Dash	3	6.49	Indoor
Brian Preus	3000 M Run	3	8:42.82	Indoor
Joe Thomas	Triple Jump	3	44-6.75	Indoor
Matthew McLaughlin	Weight Throw	3	48-6.75	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Jason Overson	DMR	3	10:34.47	Indoor
Steve Rajewsky	DMR	3	10:34.47	Indoor
Bryan Limmer	DMR	3	10:34.47	Indoor
Kevin Wright	DMR	3	10:34.47	Indoor
Roman Cress	200 M Dash	4	22.42	Indoor
Andrew Kisielius	Long Jump	4	21-3.5	Indoor

Jarrod Gray	High Jump	4	6-1.25	Indoor
J.J. Kirby	High Jump	4	6-1.25	Indoor
Mike Draxton	High Jump	4	6-1.25	Indoor
Carson Glad	55 M Dash	5	6.49P	Indoor
Levi Severson	5000 M Run	5	15:05.48	Indoor
Jason Peterson	Long Jump	5	21-2.5	Indoor
Andrew Hilliard	400 M Dash	5	50.60	Indoor
Thomas Hart	55 M Dash	6	6.60	Indoor
Thomas Hart	200 M Dash	6	22.74	Indoor
Sean Sharpe	400 M Dash	6	50.71	Indoor
Brian Hauge	1000 M Run	6	2:36.15	Indoor
Levi Severson	3000 M Run	6	8:46.37	Indoor
Adam Aaro	Long Jump	6	20-11.25	Indoor
Peter Rosholt	Weight Throw	6	45-0.25	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Carson Glad	100 M Dash	1	10.85	Outdoor
Carson Glad	200 M Dash	1	21.55P	Outdoor
Andrew Hilliard	400 M Hurdles	1	53.61	Outdoor
Andrew Hilliard	Long Jump	1	22-3	Outdoor
Joe Thomas	High Jump	1	6-7	Outdoor
Andrew Hilliard	4x100 M Relay	1	42.35	Outdoor
Roman Cress	4x100 M Relay	1	42.35	Outdoor
Thomas Hart	4x100 M Relay	1	42.35	Outdoor
Carson Glad	4x100 M Relay	1	42.35	Outdoor
Andrew Hilliard	4x400 M Relay	1	3:17.67	Outdoor
Carson Glad	4x400 M Relay	1	3:17.67	Outdoor
Robert Ware	4x400 M Relay	1	3:17.67	Outdoor
Jason Schwietz	4x400 M Relay	1	3:17.67	Outdoor
Cassidy Glad	100 M Dash	2	10.97	Outdoor
Jason Schwietz	400 M Dash	2	48.34P	Outdoor
Levi Severson	5000 M Run	2	15:28.25	Outdoor
Brian Preus	10000 M Run	2	31:34.45	Outdoor
Craig Benson	110 M Hurdles	2	15.05	Outdoor
Joe Thomas	Triple Jump	2	46-6	Outdoor
Tore Evenson	Javelin Throw	2	184-0	Outdoor
Chris Mattke	400 M Hurdles	3	54.89	Outdoor
Will Hawthorne	5000 M Run	3	15:31.57	Outdoor
Levi Severson	10000 M Run	3	31:34.78	Outdoor
Andrew Kisielius	Triple Jump	3	45-9.25	Outdoor
Matt McLaughlin	Hammer Throw	3	152-9	Outdoor
Dave Diercks	Javelin Throw	3	169-7	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Kevin Wright	4x800 M Relay	3	7:53.68	Outdoor
Robert Ware	4x800 M Relay	3	7:53.68	Outdoor
Bryce Beckman	4x800 M Relay	3	7:53.68	Outdoor
Shawn Lohmann	4x800 M Relay	3	7:53.68	Outdoor
Roman Cress	100 M Dash	4	10.98	Outdoor
Robert Ware	400 M Dash	4	49.21P	Outdoor
J.J. Kirby	High Jump	4	6-1.25	Outdoor
Sean Brenckman	10000 M Run	5	31:46.56	Outdoor
Shaun Sharpe	400 M Dash	6	49.68	Outdoor
Cory Fusco	800 M Run	6	1:56.85P	Outdoor
Brock Stepan	1500 M Run	6	4:10.89	Outdoor
Sean Brenckman	5000 M Run	6	15:41.66	Outdoor
Andrew Kisielius	Long Jump	6	20-11.25	Outdoor
Jarrod Gray	High Jump	6	6-1.25	Outdoor
Peter Rosholt	Hammer Throw	6	139-9	Outdoor

## 2002

### All Conference

Athlete	Event	Place	Perf.	Season
Roman Cress	55 M Dash	1	6.40P	Indoor
Craig Benson	55 M Hurdles	1	7.69	Indoor
Joe McCarney	Pole Vault	1	14-7.25	Indoor
Joe McCarney	4x200 M Relay	1	1:30.94	Indoor

Steven Rajewsky	4x200 M Relay	1	1:30.94	Indoor
Jason Villar	4x200 M Relay	1	1:30.94	Indoor
Thomas Hart	4x200 M Relay	1	1:30.94	Indoor
Carson Glad	4x400 M Relay	1	3:20.15	Indoor
Jason Schwietz	4x400 M Relay	1	3:20.15	Indoor
Justin Hall	4x400 M Relay	1	3:20.15	Indoor
Andrew Hilliard	4x400 M Relay	1	3:20.15	Indoor
Carson Glad	200 M Dash	2	22.75	Indoor
Andrew Hilliard	400 M Dash	2	50.05	Indoor
Bryce Beckman	600 Y Dash	2	1:14.23	Indoor
Andy Kummer	1500 M Run	2	4:00.41	Indoor
Andy Kummer	3000 M Run	2	8:47.37	Indoor
Levi Severson	5000 M Run	2	15:06.41	Indoor
Andrew Kisielius	Long Jump	2	21-9	Indoor
Jason Schwietz	400 M Dash	3	50.34	Indoor
Nate Coleman	5000 M Run	3	15:06.82	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Jason Schwietz	200 M Dash	4	22.82	Indoor
Bryce Beckman	800 M Run	4	1:57.44	Indoor
Nicholas Maddox	3000 M Run	4	8:51.17	Indoor
Nicholas Maddox	5000 M Run	4	15:10.11	Indoor
Joe McCarney	Long Jump	4	21-5.25	Indoor
Ben Garbe	Triple Jump	4	43-7	Indoor
Aaron Johnson	Shot Put	4	48-0	Indoor
Carson Glad	400 M Dash	5	51.21	Indoor
Jason Overson	1500 M Run	5	4:01.57	Indoor
Nate Coleman	3000 M Run	5	8:52.14	Indoor
Brian Preus	5000 M Run	5	15:15.05	Indoor
Aaron Johnson	Weight Throw	5	47-3.75	Indoor
Tim Cook	Pentathlon	5	2644	Indoor
Andrew Hilliard	55 M Dash	6	6.60P	Indoor
Cory Fusco	800 M Run	6	1:57.72	Indoor
Levi Severson	3000 M Run	6	8:53.08	Indoor
Sean Brenchman	5000 M Run	6	15:15.75	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Craig Benson	110 M Hurdles	1	14.68P	Outdoor
Andrew Hilliard	400 M Hurdles	1	53.48P	Outdoor
Andrew Hilliard	4x100 M Relay	1	41.23P	Outdoor
Carson Glad	4x100 M Relay	1	41.23P	Outdoor
Roman Cress	4x100 M Relay	1	41.23P	Outdoor
Thomas Hart	4x100 M Relay	1	41.23P	Outdoor
Carson Glad	4x400 M Relay	1	3:15.73	Outdoor
Justin Hall	4x400 M Relay	1	3:15.73	Outdoor
Andrew Hilliard	4x400 M Relay	1	3:15.73	Outdoor
Jason Schwietz	4x400 M Relay	1	3:15.73	Outdoor
Roman Cress	200 M Dash	2	21.68P	Outdoor
Jason Schwietz	400 M Dash	2	48.61	Outdoor
Torr Evenson	Javelin Throw	2	172-2	Outdoor
Joe McCarney	Pole Vault	2	14-11	Outdoor
Joe McCarney	Decathlon	2	6203	Outdoor
Roman Cress	100 M Dash	3	10.72P	Outdoor
Justin Hall	400 M Dash	3	49.10	Outdoor
Cory Fusco	800 M Run	3	1:57.73	Outdoor
Andy Kummer	1500 M Run	3	4:05.23P	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Bryan Limmer	4x800 M Relay	2	7:59.55	Outdoor
Peter Bernardy	4x800 M Relay	2	7:59.55	Outdoor
Bryce Miller	4x800 M Relay	2	7:59.55	Outdoor
Shawn Lohman	4x800 M Relay	2	7:59.55	Outdoor
Carson Glad	100 M Dash	4	10.78P	Outdoor
Jason Overson	1500 M Run	4	4:07.94P	Outdoor
Sean Brenchman	10000 M Run	4	31:34.53	Outdoor
Andrew Kisielius	Long Jump	4	22-4.25	Outdoor
Andrew Kisielius	Triple Jump	4	44-8.75	Outdoor
Aaron Johnson	Hammer Throw	4	145-10	Outdoor
Thomas Hart	200 M Dash	5	21.84P	Outdoor

Bryce Beckman	800 M Run	5	1:56.84P	Outdoor
Levi Severson	5000 M Run	5	15:49.96	Outdoor
Dave Diercks	Javelin Throw	5	164-5	Outdoor
Andrew Hilliard	100 M Dash	6	11.06P	Outdoor
Steven Rajewsky	400 M Dash	6	50.41	Outdoor
Brock Stepan	1500 M Run	6	4:06.34P	Outdoor
Sean Brenchman	5000 M Run	6	15:51.62	Outdoor
Ryan Hatteberg	Triple Jump	6	44-1.5	Outdoor
Aaron Johnson	Discus Throw	6	131-8	Outdoor

## 2001

### All Conference

Athlete	Event	Place	Perf.	Season
Jeremy Heckman	200 M Dash	1	22.15	Indoor
Jeremy Heckman	400 M Dash	1	49.19	Indoor
Chris Milton	Pole Vault	1	14-9.5	Indoor
Parker Gundersen	4x200 M Relay	1	1:30.83	Indoor
Andrew Kisielius	4x200 M Relay	1	1:30.83	Indoor
Nick Stahly	4x200 M Relay	1	1:30.83	Indoor
Andrew Hilliard	4x200 M Relay	1	1:30.83	Indoor
Andrew Hilliard	4x400 M Relay	1	3:20.79	Indoor
Jeremy Heckman	4x400 M Relay	1	3:20.79	Indoor
Tom Hart	4x400 M Relay	1	3:20.79	Indoor
Justin Hall	4x400 M Relay	1	3:20.79	Indoor
Jeremy Heckman	55 M Dash	2	6.43P	Indoor
Justin Hall	400 M Dash	2	50.18	Indoor
Mike Gruba	800 M Run	2	1:56.58	Indoor
Aaron Johnson	Weight Throw	2	49-4.5	Indoor
Parker Gundersen	55 M Hurdles	3	7.87	Indoor
Jason Larson	Pole Vault	3	13-9.75	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Justin Hall	200 M Dash	4	22.68	Indoor
Tom Hart	400 M Dash	4	50.55	Indoor
Andrew Hilliard	600 Y Dash	4	1:13.93	Indoor
Nick Maddox	5000 M Run	4	15:25.27	Indoor
Jake Barkley	55 M Dash	5	6.58	Indoor
Tom Hart	200 M Dash	5	22.76	Indoor
Brian Preus	5000 M Run	5	15:29.26	Indoor
Craig Benson	55 M Hurdles	5	8.03	Indoor
Andrew Kisielius	Long Jump	5	21-11.75	Indoor
Joe McCarney	Pentathlon	5	3315	Indoor
Levi Severson	3000 M Run	6	8:56.19	Indoor
Andrew Kisielius	Triple Jump	6	44-6	Indoor
Aaron Johnson	Shot Put	6	44-4.25	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Justin Hall	400 M Dash	1	48.56	Outdoor
Andrew Hilliard	400 M Hurdles	1	53.31	Outdoor
Chris Milton	Pole Vault	1	15-3.5	Outdoor
Andrew Hilliard	4x100 M Relay	1	41.63	Outdoor
Thomas Hart	4x100 M Relay	1	41.63	Outdoor
Justin Hall	4x100 M Relay	1	41.63	Outdoor
Jeremy Heckman	4x100 M Relay	1	41.63	Outdoor
Andrew Hilliard	4x400 M Relay	1	3:14.80	Outdoor
Jeremy Heckman	4x400 M Relay	1	3:14.80	Outdoor
Mark Bates	4x400 M Relay	1	3:14.80	Outdoor
Justin Hall	4x400 M Relay	1	3:14.80	Outdoor
Jeremy Heckman	100 Meter Dash	2	10.81P	Outdoor
Jeremy Heckman	200 Meter Dash	2	21.57P	Outdoor
Levi Severson	10000 M Run	2	31:50.88	Outdoor
Craig Benson	110 M Hurdles	2	14.95P	Outdoor
Dan Slater	Javelin Throw	2	182-6	Outdoor
Joe McCarney	Decathlon	2	6177	Outdoor
Thomas Hart	400 M Dash	3	49.13	Outdoor
Ryan Kollman	1500 M Run	3	3:59.41	Outdoor
Nick Maddox	10000 M Run	3	31:55.87	Outdoor
Parker Gundersen	110 M Hurdles	3	15.36P	Outdoor



Mark Bates	400 M Hurdles	3	54.98	Outdoor
Aaron Johnson	Discus Throw	3	151-7	Outdoor

Jason Villar	4x400 M Relay	1	3:20.02	Outdoor
Justin Hall	4x400 M Relay	1	3:20.02	Outdoor
Jeremy Heckman	200 Meter Dash	2	21.56P	Outdoor
Jason Villar	400 Meter Dash	2	51.06	Outdoor
Mark Bates	400 M Hurdles	2	54.67P	Outdoor
Craig Benson	110 M Hurdles	2	14.58	Outdoor
Jeremy Heckman	100 Meter Dash	3	10.77	Outdoor
Nick Maddox	5000 Meter Run	3	15:27.38	Outdoor
Andrew Hilliard	400 M Hurdles	3	55.03P	Outdoor
Dan Draine	3000 Steeple	3	9:29.30	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Andrew Hilliard	100 M Dash	4	11.03P	Outdoor
Justin Hall	200 M Dash	4	22.14P	Outdoor
Andrew Kisielius	Long Jump	4	22-2.5	Outdoor
Andrew Kisielius	Triple Jump	4	45-0.5	Outdoor
Aaron Johnson	Shot Put	5	45-8.5	Outdoor
Brian Preus	10000 M Run	6	32:04.96	Outdoor
Joe McCarney	110 M Hurdles	6	15.88P	Outdoor
St. Thomas B	4x400 M Relay	6	3:20.88	Outdoor
Jason Larson	Pole Vault	6	13-10	Outdoor

## 2000

### All Conference

Athlete	Event	Place	Perf.	Season
Roman Cress	55 M Dash	1	6.20P	Indoor
Roman Cress	200 M Dash	1	22.03	Indoor
Ryan Kollmann	1500 M Run	1	3:56.21	Indoor
Joe Bilek	Weight Throw	1	54-7.5	Indoor
Nick Stahly	4x200 M Relay	1	1:27.87	Indoor
Justin Hall	4x200 M Relay	1	1:27.87	Indoor
Jeremy Heckman	4x200 M Relay	1	1:27.87	Indoor
Roman Cress	4x200 M Relay	1	1:27.87	Indoor
Justin Hall	4x400 M Relay	1	3:23.24	Indoor
Mike Gruba	4x400 M Relay	1	3:23.24	Indoor
Mark Bates	4x400 M Relay	1	3:23.24	Indoor
Jeremy Heckman	4x400 M Relay	1	3:23.24	Indoor
Levi Severson	DMR	1	10:28.56	Indoor
Andrew Hilliard	DMR	1	10:28.56	Indoor
Neil Langer	DMR	1	10:28.56	Indoor
Ryan Kollmann	DMR	1	10:28.56	Indoor
Jeremy Heckman	55 M Dash	2	6.47	Indoor
Jeremy Heckman	200 M Dash	2	22.04	Indoor
Justin Hall	400 M Dash	2	51.16	Indoor
Chris Milton	Pole Vault	2	14-10	Indoor
Nick Stahly	200 M Dash	3	22.74	Indoor
Mark Bates	400 M Dash	3	51.28	Indoor
Mike Gruba	800 M Run	3	1:54.78	Indoor
Andrew Kisielius	Triple Jump	3	44-11.5	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Nick Stahly	55 M Dash	4	6.55	Indoor
Dan Draine	5000 M Run	4	15:36.04	Indoor
Andrew Kisielius	Long Jump	4	22-2.25	Indoor
Steve Henderson	1000 M Run	5	2:35.49	Indoor
Brian Preus	3000 M Run	5	8:55.41	Indoor
Brian Preus	5000 M Run	5	15:41.48	Indoor
Tom Pontinen	Pentathlon	5	3193	Indoor
Andrew Hilliard	600 Y Dash	6	1:14.81	Indoor
Dan Draine	3000 M Run	6	8:55.45	Indoor
Ryan Quinn	55 M Hurdles	6	7.96	Indoor
Brandon Swartz	Pole Vault	6	13-8.25	Indoor
Joe McCarney	Pentathlon	6	3192	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Roman Cress	100 Meter Dash	1	10.53P	Outdoor
Roman Cress	200 Meter Dash	1	21.47	Outdoor
Justin Hall	400 Meter Dash	1	49.66	Outdoor
Ryan Kollman	1500 Meter Run	1	4:09.86P	Outdoor
Nick Stahly	4x100 M Relay	1	41.62P	Outdoor
Justin Hall	4x100 M Relay	1	41.62P	Outdoor
Roman Cress	4x100 M Relay	1	41.62P	Outdoor
Jeremy Heckman	4x100 M Relay	1	41.62P	Outdoor
Andrew Hilliard	4x400 M Relay	1	3:20.02	Outdoor
Mark Bates	4x400 M Relay	1	3:20.02	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Nick Stahly	100 Meter Dash	4	10.89	Outdoor
Ryan Quinn	110 M Hurdles	4	15.15	Outdoor
Nick Maddox	10000 M Run	5	33:15.16	Outdoor
Nick Stahly	200 Meter Dash	6	22.24	Outdoor
Steve Henderson	1500 M Run	6	4:10.68P	Outdoor
Parker Gundersen	110 M Hurdles	6	15.25	Outdoor

## 1999

### All Conference

Athlete	Event	Place	Perf.	Season
Jeremy Heckman	60 M Dash	1	6.88	Indoor
Jeremy Heckman	200 M Dash	1	22.04	Indoor
Jeremy Heckman	400 M Dash	1	49.85	Indoor
Josh Kath	1000 M Run	1	2:33.99	Indoor
Josh Kath	1500 M Run	1	4:00.52	Indoor
Jon Nickle	Pole Vault	1	15-8.25	Indoor
Jonathan Lance	4x200 M Relay	1	1:29.70	Indoor
Nick Stahly	4x200 M Relay	1	1:29.70	Indoor
Frank Webster	4x200 M Relay	1	1:29.70	Indoor
Mark Warder	4x200 M Relay	1	1:29.70	Indoor
Mark Warder	4x400 M Relay	1	3:24.58	Indoor
Mike Gruba	4x400 M Relay	1	3:24.58	Indoor
Pete Bernardy	4x400 M Relay	1	3:24.58	Indoor
Jeremy Heckman	4x400 M Relay	1	3:24.58	Indoor
Frank Webster	200 M Dash	2	22.55	Indoor
Joe Bilek	Weight Throw	2	53-0	Indoor
Chris Milton	Pole Vault	2	14-10	Indoor
Frank Webster	60 M Dash	3	7.10	Indoor
Jonathan Lance	200 M Dash	3	22.73	Indoor
Cam Stottler	Long Jump	3	22-1.5	Indoor
Josh LeClair	Shot Put	3	48-2	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Nick Stahly	200 M Dash	4	22.91	Indoor
Mike Gruba	600 Y Dash	4	1:14.80	Indoor
Rasheed Harris	800 M Run	4	1:58.82	Indoor
Jonathan Lance	60 M Dash	5	7.09/7.12	Indoor
Mark Warder	400 M Dash	5	50.97	Indoor
Dan Draine	1000 M Run	5	2:37.12	Indoor
Jacob Hallen	5000 M Run	5	15:45.12	Indoor
Joe McCarney	Pentathlon	5	3171	Indoor
Dan Draine	1500 M Run	6	4:07.93	Indoor
Parker Gundersen	60 M Hurdles	6	8.75	Indoor
Cam Stottler	Triple Jump	6	43-7	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Jeremy Heckman	100 Meter Dash	1	10.65	Outdoor
Jeremy Heckman	200 Meter Dash	1	21.49	Outdoor
Josh Kath	1500 Meter Run	1	4:00.79	Outdoor
Josh Kath	5000 Meter Run	1	15:24.28	Outdoor
Mark Warder	400 M Hurdles	1	53.39	Outdoor
Greg Kaiser	Javelin Throw	1	206-0	Outdoor
Mark Warder	4x400 M Relay	1	3:18.14	Outdoor
Mike Gruba	4x400 M Relay	1	3:18.14	Outdoor
Andy Cerio	4x400 M Relay	1	3:18.14	Outdoor

Jeremy Heckman	4x400 M Relay	1	3:18.14	Outdoor
Todd Klein	4x800 M Relay	1	7:47.25	Outdoor
Mike Gruba	4x800 M Relay	1	7:47.25	Outdoor
Rasheed Harris	4x800 M Relay	1	7:47.25	Outdoor
Josh Kath	4x800 M Relay	1	7:47.25	Outdoor
Jonathon Lance	100 Meter Dash	2	10.93	Outdoor
Jonathon Lance	200 Meter Dash	2	22.10	Outdoor
Jacob Hallen	5000 Meter Run	2	15:30.85	Outdoor
Joe Bilek	Hammer Throw	2	166-6	Outdoor
Chris Milton	Pole Vault	2	14-5.5	Outdoor
Mike Gruba	800 Meter Run	3	1:55.47	Outdoor
Jacob Hallen	10000 M Run	3	33:50.45	Outdoor
Josh Leclair	Shot Put	3	49-8.5	Outdoor
Jon Nickle	Pole Vault	3	14-5.5	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Matt Harvieux	5000 M Run	5	15:44.23	Outdoor
Matt Harvieux	10000 M Run	5	34:14.18	Outdoor
Dan Draine	3000 M Steeple	5	9:37.61	Outdoor
Aaron Johnson	Discus Throw	6	144-6	Outdoor
Brandon Swartz	Pole Vault	6	14-1.75	Outdoor

## 1998

### All Conference

Athlete	Event	Place	Perf.	Season
Jeremy Heckman	55 M Dash	1	6.47	Indoor
Jeremy Heckman	200 M Dash	1	22.44	Indoor
Josh Kath	1000 M Run	1	2:27.56	Indoor
Josh Kath	1500 M Run	1	4:01.15	Indoor
Jon Nickle	Pole Vault	1	14-9	Indoor
Jerry Krolak	4x200 M Relay	1	1:30.38	Indoor
Levi Osmondson	4x200 M Relay	1	1:30.38	Indoor
Nick Stahly	4x200 M Relay	1	1:30.38	Indoor
Frank Webster	4x200 M Relay	1	1:30.38	Indoor
Mark Warder	4x400 M Relay	1	3:23.52	Indoor
Chris Bergren	4x400 M Relay	1	3:23.52	Indoor
Neil Langer	4x400 M Relay	1	3:23.52	Indoor
Shanti Rainey	4x400 M Relay	1	3:23.52	Indoor
Joe Graf	4x800 M Relay	1	7:56.53	Indoor
Ryan Kollman	4x800 M Relay	1	7:56.53	Indoor
Rasheed Harris	4x800 M Relay	1	7:56.53	Indoor
Mike Gruba	4x800 M Relay	1	7:56.53	Indoor
Shannon Rainey	55 M Dash	2	6.57	Indoor
Shanti Rainey	400 M Dash	2	49.97	Indoor
Eric Barrett	1500 M Run	2	4:04.82	Indoor
Jacob Hallen	2 Mile Run	2	9:34.22	Indoor
Ryan Kollmann	5000 M Run	2	15:19.72	Indoor
Ryan Quinn	55 M Hurdles	2	7.96	Indoor
Jeff Schmidt	Long Jump	2	22-3	Indoor
Mike Gruba	600 Y Dash	3	1:14.21	Indoor
Jacob Hallen	5000 M Run	3	15:19.83	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Frank Webster	55 M Dash	4	6.60	Indoor
Mark Warder	400 M Dash	4	51.01	Indoor
Steve Wenzel	Triple Jump	4	44-3.25	Indoor
Frank Millo	Shot Put	4	46-3.25	Indoor
Jeff Schmidt	High Jump	4	6-2.75	Indoor
Rasheed Harris	600 Y Dash	5	1:15.50	Indoor
Mike Gruba	800 M Run	5	1:57.68	Indoor
Jeff Schmidt	Triple Jump	5	43-11.25	Indoor
Josh LeClair	Shot Put	5	45-9.75	Indoor
Noah Heaney	Pole Vault	5	13-9.25	Indoor
Jon Lance	55 M Dash	6	6.67	Indoor
Shanti Rainey	200 M Dash	6	23.08	Indoor
Chris Bergren	400 M Dash	6	51.06	Indoor
Neil Langer	600 Y Dash	6	1:15.61	Indoor
Joe Graf	1000 M Run	6	2:34.21	Indoor

Nick Knuth	2 Mile Run	6	9:39.26	Indoor
Parker Gunderson	55 M Hurdles	6	8.24	Indoor
Cam Stottler	Long Jump	6	21-0.5	Indoor
Cam Stottler	Triple Jump	6	43-9.25	Indoor

### All Conference

Athlete	Event	Place	Perf.	Season
Jeremy Heckman	100 M Dash	1	10.73P	Outdoor
Jeremy Heckman	200 M Dash	1	21.76P	Outdoor
Josh Kath	1500 M Run	1	4:03.15	Outdoor
Josh Kath	5000 M Run	1	15:24.38	Outdoor
Mark Warder	400 M Hurdles	1	53.28	Outdoor
Jon Nickle	Pole Vault	1	14-6	Outdoor
St. Thomas	4x400 M Relay	1	3:18.55	Outdoor
St. Thomas	4x800 M Relay	1	7:38.11	Outdoor
Frank Webster	100 M Dash	2	10.85P	Outdoor
Frank Webster	200 M Dash	2	21.94P	Outdoor
Ryan Kollman	1500 M Run	2	4:04.11	Outdoor
Cam Stottler	Long Jump	2	22-1	Outdoor
Jeff Kreofsky	Pole Vault	2	14-2	Outdoor
Neil Langer	800 M Run	3	1:54.21	Outdoor
Jacob Hallen	5000 M Run	3	15:33.55	Outdoor
Jacob Hallen	10000 M Run	3	32:29.92	Outdoor
Ryan Quinn	110 M Hurdles	3	15.39	Outdoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Shanti Rainey	200 M Dash	4	22.09P	Outdoor
Mark Warder	400 M Dash	4	49.34	Outdoor
Eric Barret	1500 M Run	4	4:06.15	Outdoor
Nick Knuth	3000 M Steeple	4	9:32.30	Outdoor
Cam Stottler	Triple Jump	4	44-9	Outdoor
Josh LaClair	Shot Put	4	46-6.25	Outdoor
Shanti Rainey	400 M Dash	5	49.36P	Outdoor
Rasheed Harris	800 M Run	5	1:55.23	Outdoor
Parker Gunderson	110 M Hurdles	5	15.59	Outdoor
Nick Eisinger	Discus Throw	5	132-7	Outdoor
Phil Trier	Javelin Throw	5	164-0	Outdoor
Shannon Rainey	100 M Dash	6	10.97P	Outdoor
Frank Webster	Long Jump	6	21-3.25	Outdoor
Nick Eisinger	Shot Put	6	45-0.5	Outdoor

## 1997

### All Conference

Athlete	Event	Place	Perf.	Season
Shannon Rainey	55 M Dash	1	6.50	Indoor
Shannon Rainey	200 M Dash	1	22.76	Indoor
Adam Johnson	Triple Jump	1	46-8.25	Indoor
Jon Nickle	Pole Vault	1	14-10	Indoor
Aaron Harper	Weight Throw	1	54-9.25	Indoor
Kevin Cummisford	4x800 M Relay	1	8:01.78	Indoor
Erik Barrett	4x800 M Relay	1	8:01.78	Indoor
Rasheed Harris	4x800 M Relay	1	8:01.78	Indoor
Josh Kath	4x800 M Relay	1	8:01.78	Indoor
Harrison Perry	55 M Dash	2	6.53	Indoor
Josh Kath	1000 M Run	2	2:33.04	Indoor
Josh Kath	1500 M Run	2	3:59.87	Indoor
Jeff Schmidt	Long Jump	2	22-7.25	Indoor
Mike Paone	Shot Put	2	49-1.75	Indoor
Jeff Schmidt	High Jump	2	6-2.75	Indoor
Shanti Rainey	400 M Dash	3	50.83	Indoor
Erik Barrett	1000 M Run	3	2:34.13	Indoor
Ryan Quinn	55 M Hurdles	3	8.08	Indoor
Ryan Kane	Pole Vault	3	14-2	Indoor

### MIAC Award Winners

Athlete	Event	Place	Perf.	Season
Mark Warder	4x200 M Relay	2	1:31.50	Indoor
Jerome Krolak	4x200 M Relay	2	1:31.50	Indoor
Pat Cotter	4x200 M Relay	2	1:31.50	Indoor

Harrison Perry	4x200 M Relay	2	1:31.50	Indoor	Jeff Schmidt	Triple Jump	4	43-7	Indoor
Mark Warder	4x400 M Relay	2	3:27.21	Indoor	Shanti Rainey	200 M Dash	5	22.96	Indoor
Shanti Rainey	4x400 M Relay	2	3:27.21	Indoor	Mark Warder	400 M Dash	5	51.19	Indoor
Chris Bergren	4x400 M Relay	2	3:27.21	Indoor	Adam Johnson	Long Jump	6	21-8.75	Indoor
Shannon Rainey	4x400 M Relay	2	3:27.21	Indoor	Steve Wenzel	Triple Jump	6	43-3.25	Indoor
Pat Cotter	55 M Dash	4	6.64	Indoor	Frank Millo	Shot Put	6	44-2.75	Indoor
Harrison Perry	200 M Dash	4	22.91	Indoor	Jeff Kreofsky	Pole Vault	6	12-10.25	Indoor