

Willmar Boys Track and Field Honor Roll

Year Performance Name

100 Meter Dash			
1	2013	10.86	Chris Cunningham
2	2003	11.00	Phil Hedlof
3	1984	11.00	Dave Baer
4	2006	11.03	Zak Kjolsing
5	2010	11.10 (HH)	Brandon Schow
6	2000	11.10	Chris Freeman
7	1981	11.10	John Mohr
8	1984	11.10	Nigel Francios
9	1993	11.20	Andy Nelson
10	2006	11.28	Corey Hanson
11	2001	11.29	Tony Martin
12	2016	11.30	Ike Kobinia
13	1998	11.30	Jake Eckerman
14	1981	11.30	Jeff Thorpe
15	2000	11.36	Joe Hannig

200 Meter Dash			
1	1993	22.10	Andy Nelson
2	2013	22.41	Chris Cunningham
3	2007	22.43	Andy Boersma
4	1984	22.45	Dave Baer
5	2016	22.56	Ike Kobinia
6	1984	22.57	Nigel Francios
7	2004	22.60	Corey Hanson
8	2003	22.60	Phil Hedlof
9	1996	22.79	Eric Swift
10	2015	22.97	Max Doering
11	1978	23.00	Karl Iverslie
12	2012	23.05	Chris Oden
13	2001	23.10	Justin Jones
14	2008	23.15	Branden Jahnke
15	1981	23.20	Jon Mohr

400 Meter Dash			
1	1993	50.10	Andy Nelson
2	1999	50.20	Peter Russell
3	2006	50.84	Eric Hillebrand
4	1995	50.85	Eric Swift
5	2006	50.9	Abdi Awali
6	2016	51.05	Mo Noor
7	2000	51.10	Kyle Halliday
8	1984	51.40	Dave Baer
9	1984	51.40	Nigel Franos
10	1981	51.60	Bob Martin
11	2007	51.78	Zack Coquyt
12	1991	51.83	Bruce Johnson
13	2016	51.92	Colten Carlson
14	1992	52	Jon Heath
15	1984	52.12	Jeff Sims

800 Meter Run			
1	2007	1:55.49	Mustafa Yusuf
2	2006	1:56.85	Abdi Awali
3	2007	1:56.86	Kaafi Adeys
4	2016	1:58.36	Nadir Yusuf
5	2011	1:58.47	Muhumed Abdullahi
6	2000	1:58.50	Kyle Halliday
7	2013	1:59.40	Connor Haugen
8	2008	1:59.88	Andrew Nicklawski
9	2005	2:00.00	Kyle Eckhoff
10	1988	2:00.01	Brian Lenzmeier
11	2016	2:00.24	Colten Carlson
12	1990	2:00.40	Eric Evans
13	1992	2:00.43	Jon Heath
14	2016	2:00.96	Mo Noor
15	2007	2:01.90	Mahad Hassan

1600 Meter Run			
1	2007	4:17.90	Kaafi Adeys
2	2016	4:20.00	Nadir Yusuf
3	2005	4:21.44	Kyle Eckhoff
4	2007	4:22.69	Mahad Hassan
5	2016	4:24.46	Mo Noor
6	2008	4:24.86	Andrew Nicklawski
7	1992	4:25.60	Scott Hedglin
8	2010	4:26.89 (FAT)	C.J. Seifert
9	1989	4:27.00	Jason Day
10	2007	4:27.11	Mohammed Bedel
11	2006	4:28.6	Abdi Awali
12	2011	4:29.08	Anders Byberg
13	2007	4:29.35	Mustafa Yusuf
14	2012	4:29.69	Tom Seifert
15	2005	4:30.17	Mike Switzer

3200 Meter Run			
1	2007	9:16.92	Kaafi Adeys (State meet)
2	2016	9:17.87	Nadir Yusuf
3	2005	9:19.57	Kyle Eckhoff (state meet)
4	2007	9:29.96	Mahad Hassan
5	2007	9:35.21	Mohammed Bedel
6	1992	9:45.10	Scott Hedglin
7	2006	9:47.32	Mike Switzer
8	1987	9:49.50	Craig Miller
9	2010	9:51.00	C.J. Seifert
10	1980	9:52.60	Keith Kluver
11	2011	9:52.66	Anders Byberg
12	2012	9:55.50	Tom Seifert
13	2016	9:55.72	Mohammed Noor
14	2010	9:56.79	Danny Voss
15	1986	9:59.00	Mike Heaney

100 Meter Hurdles			
1	2006	14.7	Paul Kimpling
2	1979	14.80	Dennis Hensch
3	1996	14.80	Ryan Quinn
4	2001	14.84	Justin Jones
5	2008	15.05	Jordan Schalmo
6	1997	15.17	Brock Fluegge
7	1997	15.19	Chad Schueller
8	1985	15.20	Dennis Kashmark
9	1999	15.44	Joey Mikes
10	1995	15.60	Eric Refsland
11	1984	15.70	Jack Negen
12	1991	15.90	Dean Anfinson
13	2013	15.92	Jordan Linde
14			
15			

300 Meter Hurdles			
1	2001	39.17	Justin Jones
2	1999	39.21	Joey Mikes
3	2008	40.21	Jordan Schalmo
4	2006	40.43	Paul Kimpling
5	1980	40.70	Dennis Hensch
6	1984	40.70	Dennis Kashmark
7	1993	40.70	Matt Werder
8	2002	40.92	John Damhof
9	2010	41.00	Jeremy Schendel
10	2014	41.08	Derik Peterson
11	1997	41.24	Brock Fluegge
12	1995	41.30	Eric Refsland
13	2016	41.60	Musab Dahir
14	1995	41.70	Anders Peterson
15	1985	41.75	Shane Swanson

Pole Vault			
1	2000	14' 6"	Ben Villnow
2	2000	14' 4"	Erik Bjerketvedt
3	1995	14' 3"	Nate Villnow
4	2004	14' 2"	Jon Morales
5	1995	13' 9"	Cory Grenier
6	1990	13' 6"	Brian Hedglin
7	1982	13' 6"	Dan Walthers
8	1982	13' 0"	Jon Heath
9	1983	13' 0"	Tony Horning
10	2012	12' 6"	Bennett Woltjer
11	2007	12' 6"	Trent Molachek
12	2000	12' 6"	Mike Jensen
13	1989	12'	Scott Bohlsen
14	1995	12'	Matt Monson
15	1984	12'	Mark Nelson

High Jump			
1	1997	6' 6"	Chad Schueller
2	2013	6' 5"	Jordan Linde
3	1985	6' 5"	Steve Kvaal
4	1987	6' 4"	Gene Schwartz
5	1984	6' 3 1/2"	Dave Baer
6	2000	6' 3"	Jon Duinick
7	2004	6' 2"	Juan Querabin
8	1996	6' 2"	Jason Gilbertson
9	1996	6' 2"	Ben Werder
10	1987	6' 2"	Bob Jagow
11	1983	6' 2"	Mike Welch
12	1982	6' 2"	Owen Trout
13	2016	6' 0"	Jacob Minnich
14	2013	6' 0"	Luke Lippert
15			

Long Jump			
1	1980	21' 10"	Dennis Hensch
2	2015	21' 9"	Mike Heitzman
3	2004	21' 4 1/2"	Zak Kjolsing
4	1993	21'	Jessie Fuls
5	2016	20' 11 1/2"	Ike Kobinia
6	1980	20' 11"	Steve Wilson
7	2007	20' 10"	Cory Hanson
8	2013	20' 9.75"	Chris Cunningham
9	1991	20' 6"	Dean Anfinson
10	2007	20' 5"	Jon Leaks
11	1995	20' 5"	Ryan Wickstrom
12	2012	20' 4 1/2"	Matt Glup
13	2010	20' 4"	Jeremy Schendel
14	1986	20' 4"	Steve Kvaal
15	1984	20' 4"	Jeff Sims

Triple Jump			
1	2007	45' 1 1/4"	Corey Hanson
2	2016	42' 3 1/2"	Dakota Tjaden
3	1993	42' 2"	Jessie Fuls
4	1990	41' 7 1/2"	Dean Anfinson
5	1990	41' 3"	Ross Zwagwerman
6	1982	41' 3"	Greg Neeser
7	2014	41' 2"	Jack Christianson
8	2016	40' 10"	Noah Slaughter
9	2007	40' 8 1/2"	Jon Leaks
10	2006	40' 2"	Paul Kimpling
11	1997	39' 10"	Ben Werder
12	1997	39' 10"	Jamie Lippert
13	2016	39' 9"	Muhyadin Mohamed
14	2004	39' 9"	Juan Querubin
15	1980	39' 7"	Mark Knofczynski

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4x100 Relay

1	2016	43.56	Bello White, Ike Kobinia, Ryan Liimatta, Max Doering
2	2000	43.9	Chris Freeman, Steve Husinga, Andy Welch, Joe Hannig
3	2006	44.0	Andrew East, Paul Kimpling, Zac Kjolsing, Eric Hillebrand
4	2015	44.02	DaShawn Russel, Mike Heitzman, Jack Christianson, Max Doering
5	1984	44.10	Jeff Sims, Rod Mogard, Greg Swanson, Dave Baer
6	2006	44.28	Andrew East, Andy Boersma, Paul Kimpling, Eric Hillebrand
7	2013	44.33	Mike Heitzman, Eli Gunderson, Jack Christianson, Chris Cunningham
8	1983	44.40	Jeff Sims, Greg Neeser, Tony Horning, Dave Baer
9	2014	44.60	DaShawn Russel, Mike Heitzman, Jack Christianson, Chris Cunningham
10	1984	44.60	Jon Mohr, Dave Coppelin, Jeff Neeser, Jeff Thorpe
11	2016	44.63	Bello White, Alex Neibauer, Tyrel Christenson, Ike Kobinia
12	2007	44.67	Cory Hanson, Jon Leaks, Branden Jahnke, Andy Boersma
13	2006	44.76	Andrew East, Eric Hillenbrand, Zak Kjolsing, Paul Kimpling
14	2012	44.81	Isaac Thompson, Chris Oden, Chris Cunningham, Matt Glup
15	2004	44.83	Zak Kjolsing, Zack Kimpling, Vernon McCray, Corey Hanson

4x200 Relay

1	2016	1:29.55	Bello White, Ike Kobinia, Ryan Liimatta, Max Doering
2	2006	1:31.12	Andy Boersma, Brandan Jahnke, Eric Hillebrand, Zac Kjolsing
3	2002	1:31.51	Andy Welch, Andrew DeBoer, Matt Wittman, John Damhof
4	2014	1:31.97	Derik Peterson, Isaac Thompson, Eli Gunderson, Chris Cunningham
5	2012	1:32.08	Alex Grove, Chris Oden, Chris Cunningham, Eli Gunderson
6	2015	1:32.46	DaShawn Russel, Eli Gunderson, Jack Christianson, Max Doering
7	2016	1:32.59	Musab Dahir, Ike Kobinia, Ryan Liimatta, Max Doering
8	2011	1:32.77	Drue Backhaus, Chris Odins, Eugene Steppan, Jeremy Schendel
9	2012	1:32.82	Derik Peterson, Chis Cunningham, Alex Grove, Chris Oden
10	2005	1:32.86	Cory Hanson, Andy Boersema, Zak Kjolsing, Eric Hillenbrand
11	2013	1:32.96	Derik Peterson, Eli Gunderson, Jack Christianson, Chris Cunningham
12	2007	1:33.11	Branden Jahnke, Jon Leaks, Andy Boersma, Josh Asleson
13	2010	1:33.13	Brandon Schow, Eugene Stepan, Jeremy Schendel, Andrew Backus
14	2015	1:33.47	Jack Christianson, Eli Gunderson, Ryan Liimatta, Max Doering
15	2005	1:33.60	Andrew East, Eric Hillenbrand, Andy Boersema, Zak Kjolsing

4x400 Relay

1	2016	3:25.22	Ryan Liimatta, Mo Noor, Musab Dahir, Colten Carlson
2	2001	3:25.96	Matt Wittman, John Damhof, Kyle Halliday, Justin Jones
3	2007	3:26.72	Zack Coquet, Mustafa Yusuf, Abdi Awali, Kaafi Adeys
4	2007	3:27.07	Kaafi Adeys, Branden Jahnke, Andy Boersma, Zack Coquet
5	2006	3:27.12	Eric Hillebrand, Zac Coquet, Abdi Awali, Kaafi Adeys
6	2002	3:27.28	Matt Wittman, John Damhof, Andy Welch, Andrew DeBoer
7	1992	3:27.90	Shane Swanson, Matt Werder, Jon Heath, Andy Nelson
8	1984	3:28.00	Jim Stegeman, Paul Meyer, Dennis Kasmark, Jeff Sims
9	1989	3:28.10	Jim Klingman, Eric Day, Gary Solbrecken, Jason Day
10	2016	3:28.27	Ryan Liimatta, Mo Noor, Musab Dahir, Dakota Tjaden
11	1995	3:28.9	Eric Refsland, Dave Morrison, Matt St. Claire, Eric Swift
12	1993	3:29.4	Eric Swift, Andy Nelson, Matt Werder, Wes Schuck
13	2016	3:30.75	Ryan Liimatta, Musab Dahir, Dakot Tjaden, Jacob Minnick

4x800 Relay

1	2007	7:45.97	Mustafa Yusuf, Abdi Awale, Kaafi Adeys, Zack Coquet
2	2016	7:49.06	Nadir Yusuf, Mo Noor, Musab Dahir, Colten Carlson
3	2006	7:51.88	Abdi Awale, Kaafi Adeys, Mufu Yusuf, Mike Switzer
4	2007	8:00.07	Abdi Awale, Mustafa Yusuf, Kaafi Adeys, Mohad Hassan
5	2008	8:00.46	Zack Coquet, Andrew Nicklawski, Mohad Hassan, Abshir Ahmed
6	2005	8:06.2	Kaafi Adeys, Mike Switzer, Kyle Eckhoff, Abdi Awale
7	2007	8:08.18	Abshir Ahmed, Abdi Awale, Mo Bedel, Andrew Nicklawsky
8	2010	8:09.46	C.J. Seifert, Anders Byberg, Dan Voss, Mowlid Mohamud
9	2007	8:10.29	Mo Bedel, Zack Coquet, Andrew Nicklawsky, Abshir Ahmed
10	2006	8:10.6	Mo Bedel, Mike Switzer, Mufu Yusuf, Andrew Nicklawsky
11	2006	8:10.6	Mo Bedel, Mike Switzer, Mufu Yusuf, Abdi Awali
12	2006	8:12.16	Mo Bedel, Mike Switzer, Abbi Awali, Andrew Nicklawsky
13	2005	8:12.99	Abdi Awale, Kaafi Adeys, Mufu Yusuf, Mo Bedel
14	2000	8:14.0	Josh Benson, John Damhoff, Matt Wittman, Kyle Halliday
15	2016	8:14.24	Nadir Yusuf, Mo Noor, Colten Carlson, Ian Thompson

Shot Put

1	1994	52' 10"	Adam Boerema
2	1993	52' 6"	Jon Huisinga
3	1981	52' 3"	Jeff Thorpe
4	1997	50' 3"	Ryan Kooy
5	1990	48' 4 1/2"	Myron Baer
6	1978	48' 2"	Steve Hanson
7	2016	47' 7"	S. Lou Russell
8	1988	47' 6"	Aaron Anderson
9	1997	47' 5"	Dan Jacobs
10	1990	47' 0"	Jeremy Engler
11	1987	46' 11 1/2"	Chuck Stern

Discus

1	1994	165' 9"	Adam Boerema
2	1990	157' 2"	Myron Baer
3	1988	148' 6"	Roger Schliemann
4	1979	146' 5"	Dennis Murphy
5	2016	145' 11"	S. Lou Russell
6	2016	144' 3"	Gunner Rath
7	2008	143' 11"	Jackson Roberts
8	1989	142' 5"	Paul Carlson
9	2007	141'	Adam Schow
10	1982	139' 11"	Jeff Ramey
11	1981	138' 5"	Scott Croonquist
12	1993	137' 8"	Ryan Eddy
13	2014	137' 8"	Matt Hennes
14	2000	137' 5"	Judd Beccue
15	2013	136' 4"	Stephon Schaller
	1978	136' 4"	Ted Paffrath