

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	1998	11.30	Jake Eckerman
13	1981	11.30	Jeff Thorpe
14	2000	11.36	Joe Hannig
15	2000	11.39	Steve Huisinga

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	1984	22.57	Nigel Francios
6	2004	22.60	Corey Hanson
7	2003	22.60	Phil Hedlof
8	1996	22.79	Eric Swift
9	1978	23.00	Karl Iverslie
10	2012	23.05	Chris Oden
11	2001	23.10	Justin Jones
12	2008	23.15	Branden Jahnke
13	1981	23.20	Jon Mohr
14	2004	23.2	Zak Kjolsing
15	1981	23.20	Jeff Thorpe

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	2000	51.10	Kyle Halliday
7	1984	51.40	Dave Baer
8	1984	51.40	Nigel Franios
9	1981	51.60	Bob Martin
10	2007	51.78	Zack Coquyt
11	1991	51.83	Bruce Johnson
12	1992	52	Jon Heath
13	1984	52.12	Jeff Sims
14	2012	52.14	Jeff Castro
15			

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	2011	1:58.47	Muhemed Abdullahi
5	2000	1:58.50	Kyle Halliday
6	2013	1:59.40	Connor Haugen
7	2008	1:59.88	Andrew Nicklawski
8	2005	2:00.00	Kyle Eckhoff
9	1988	2:00.01	Brian Lenzmeier
10	1990	2:00.40	Eric Evans
11	1992	2:00.43	Jon Heath
12	2007	2:01.90	Mahad Hassan
13	1990	2:02.39	Jason Evans
14	1989	2:02.60	Jason Day
15	1989	2:02.90	Jim Kingman

1600 Meter Run

1	2007	4:17.90	Kaafi Adeys
2	2005	4:21.44	Kyle Eckhoff
3	2007	4:22.69	Mahad Hassan
4	2008	4:24.86	Andrew Nicklawsky
5	1992	4:25.60	Scott Hedglin
6	2010	4:26.89 (FAT)	C.J. Seifert
7	1989	4:27.00	Jason Day
8	2007	4:27.11	Mohammed Bedel
9	2006	4:28.6	Abdi Awali
10	2011	4:29.08	Anders Byberg
11	2007	4:29.35	Mustafa Yusuf
12	2012	4:29.69	Tom Seifert
13	2005	4:30.17	Mike Switzer
14	1987	4:33.45	Craig Miller
15	1985	4:35.90	John Stone

3200 Meter Run

1	2007	9:16.92	Kaafi Adeys (State meet)
2	2005	9:19.57	Kyle Eckhoff (state meet)
3	2007	9:29.96	Mahad Hassan
4	2007	9:35.21	Mohammed Bedel
5	1992	9:45.10	Scott Hedglin
6	2006	9:47.32	Mike Switzer
7	1987	9:49.50	Craig Miller
8	2010	9:51.00	C.J. Seifert
9	1980	9:52.60	Keith Kløver
10	2011	9:52.66	Anders Byberg
11	2012	9:55.50	Tom Seifert
12	2010	9:56.79	Danny Voss
13	1986	9:59.00	Mike Heaney
14	2007	10:02.68	Andrew Nicklawsky
15	2012	10:04.10	Sam Anez

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	15.93	Jordan Linde
14			
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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	1997	41.24	Brock Fluegge
11	1995	41.30	Eric Refsland
12	1995	41.70	Anders Peterson
13	1985	41.75	Shane Swanson
14	1982	41.8	Owen Trout
15	2010	41.95	Eugene Stepan

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 Querubin
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	2013	6' 0"	Luke Lippert
14			
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Long Jump

1	1980	21' 10"	Dennis Hensch
2	2004	21' 4 1/2"	Zak Kjolsing
3	1993	21'	Jessie Fuls
4	1980	20' 11"	Steve Wilson
5	2007	20' 10"	Cory Hanson
6	2013	20' 9.75"	Chris Cunningham
7	1991	20' 6"	Dean Anfinson
8	2007	20' 5"	Jon Leaks
9	1995	20' 5"	Ryan Wickstrom
10	2012	20' 4 1/2"	Matt Glup
11	2010	20' 4"	Jeremy Schendel
12	1986	20' 4"	Steve Kvaal
13	1984	20' 4"	Jeff Sims
14	1997	20' 3"	Ben Werder
15	1995	19' 9"	Jamie Lippert

Triple Jump

1	2007	45' 1 1/4"	Corey Hanson
2	1993	42' 2"	Jessie Fuls
3	1990	41' 7 1/2"	Dean Anfinson
4	1990	41' 3"	Ross Zwagwerman
5	1982	41' 3"	Greg Neeser
6	2007	40' 8 1/2"	Jon Leaks
7	2006	40' 2"	Paul Kimpling
8	1997	39' 10"	Ben Werder
9	1997	39' 10"	Jamie Lippert
10	2004	39' 9"	Juan Querubin
11	1980	39' 7"	Mark Knofczynski
12	1994	39' 6 1/2"	Nate Villnow
13	2010	39' 6"	Anthony Jaekel
14	2001	39' 4"	Adam Dittberner
15	1981	38' 10"	Jeff Neeser

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4x100 Relay

1	2000	43.9	Chris Freeman, Steve Husinga, Andy Welch, Joe Hannig
2	2006	44.0	Andrew East, Paul Kimpling, Zak Kjolsing, Eric Hillebrand
3	1984	44.10	Jeff Sims, Rod Mogard, Greg Swanson, Dave Baer
4	2006	44.28	Andrew East, Andy Boersma, Paul Kimpling, Eric Hillebrand
5	2013	44.33	Mike Heitzman, Eli Gunderson, Jack Christianson, Chris Cunningham
6	1983	44.40	Jeff Sims, Greg Neeser, Tony Horning, Dave Baer
7	1984	44.60	Jon Mohr, Dave Coppelin, Jeff Neeser, Jeff Thorpe
8	2007	44.67	Cory Hanson, Jon Leaks, Branden Jahnke, Andy Boersma
9	2006	44.76	Andrew East, Eric Hillenbrand, Zak Kjolsing, Paul Kimpling
10	2012	44.81	Isaac Thompson, Chris Oden, Chris Cunningham, Matt Glup
11	2004	44.83	Zak Kjolsing, Zack Kimpling, Vernon McCray, Corey Hanson
12	2007	44.88	Adam Thorpe, Jon Leaks, Branden Jahnke, Andy Boersma
13	2005	45.00	Andrew East, Eric Hillenbrand, Zak Kjolsing, Luke Okland
14	1995	45.00	Ryan Anderson, Tim Eggimann, Josh Kruerger, Ryan Wickstrom
15	2013	45.02	Isaac Thompson, Jack Christianson, Eli Gunderson, Chris Cunningham

4x200 Relay

1	2006	1:31.12	Andy Boersma, Brandan Jahnke, Eric Hillebrand, Zak Kjolsing
2	2002	1:31.51	Andy Welch, Andrew DeBoer, Matt Wittman, John Damhof
3	2012	1:32.08	Alex Grove, Chris Oden, Chris Cunningham, Eli Gunderson
4	2011	1:32.77	Drue Backhaus, Chris Odins, Eugene Steppan, Jeremy Schendel
5	2012	1:32.82	Denik Peterson, Chis Cunningham, Alex Grove, Chris Oden
6	2005	1:32.86	Cory Hanson, Andy Boersma, Zak Kjolsing, Eric Hillenbrand
7	2013	1:32.96	Derik Peterson, Eli Gunderson, Jack Christianson, Chris Cunningham
8	2007	1:33.11	Branden Jahnke, Jon Leaks, Andy Boersma, Josh Asleson
9	2010	1:33.13	Brandon Schow, Eugene Stepan, Jeremy Schendel, Andrew Backus
10	2005	1:33.60	Andrew East, Eric Hillenbrand, Andy Boersma, Zak Kjolsing
11	2010	1:33.88	James Liimatta, Jeremy Schendel, Eugene Stepan, Andrew Backus
12	2007	1:34.1	Cory Hanson, Andy Boersma, Branden Jahnke, Jon Leaks
13	2000	1:34.20	Andy Welch, Andrew DeBoer, Adam Campbell, Steve Husinga
14	2006	1:34.2	Andy Boersma, Brandan Jahnke, Eric Hillebrand, Josh Asleson
15	2006	1:34.37	Jafar, Eric Hillebrand, Josh Asleson, Brandon Jahnke

4x400 Relay

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

4x800 Relay

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

Shot Put

1	1994	52' 10"	Adam Boerema
2	1993	52' 6"	Jon Husinga
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	1988	47' 6"	Aaron Anderson
8	1997	47' 5"	Dan Jacobs
9	1990	47' 0"	Jeremy Engler
10	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	2008	143' 11"	Jackson Roberts
6	1989	142' 5"	Paul Carlson
7	2007	141'	Adam Schow
8	1982	139' 11"	Jeff Ramey
9	1981	138' 5"	Scott Croonquist
10	1993	137' 8"	Ryan Eddy
11	2000	137' 5"	Judd Beccue
12	2013	136' 4"	Stephon Schaller
13	1978	136' 4"	Ted Paffrath