

Awards History

Most Valuable Sprinter/Hurdler

(started in 2008)

2008 – Sam Johnson
2009 – AJ Troup
2010 – Jarod Jackson / Scott Williams
2011 – Ryan D’Kae
2012 – Nick Martin
2013 – Jeff Borchardt / Michael Smith
2014 – Michael Smith
2015 – Tyler Didier
2016 – Tyler Didier
2017 – Jett Berg
2018 – Drake Daniels
2019 – Dante White
2020 – (covid-19)
2021 – Tarun Poliboina
2022 – David Nelson
2023 – Tyler Milkes
2024 – Tyler Milkes

Most Valuable Distance Runner

(started in 2008)

2008 – Anders Bowman
2009 – Danny Ducharme / Jeremy Drenkhahn
2010 – Josh Thorson / Adam Moline
2011 – Adam Moline
2012 – Josh Thorson
2013 – Connor Olson
2014 – Connor Olson
2015 – Connor Olson
2016 – Jaret Carpenter
2017 – Khalid Hussein
2018 – Khalid Hussein
2019 – Andrew Brandt
2020 – (covid-19)
2021 – Nick Cichoski
2022 – Alex Foss
2023 – Hayes McMillian
2024 – Will Weber

Most Valuable Field Events

(started in 2008)

2008 – Billy Buffington
2009 – Mike Ehm
2010 – Mark VanBenschoten
2011 – Nick Welshons
2012 – Ethan Zeidler
2013 – Eddie Hidani
2014 – Ben Yost
2015 – Wesley Jackson
2016 – Michael Thompson
2017 – Ben Grosse
2018 – John Taylor
2019 – Nick Hedlund
2020 – (covid-19)
2021 – Jack Helmich
2022 – Jack Helmich
2023 – Manny Wilson
2024 – Manny Wilson

Outstanding Rookie *(started in 2008)*

2008 – Scott Williams / Karl Kabarowski
2009 – Brian Jarvey / Josh Thorson
2010 – Derek Peterson / Sam Gustafson
2011 – James Smith / Michael Smith
2012 – Josh Gillespie / Connor Olson
2013 – Jaret Carpenter / Tyler Didier
2014 – Drake Kapler / Ben Grosse
2015 – Jett Berg / Tommy Leisen
2016 – Grant Price
2017 – Drake Daniels / Dante White
2018 – Sean Didrich
2019 – Julien Didrich
2020 – (covid-19)
2021 – Parker Dietrick
2022 – Toju Olu-Onanuga / Will Weber
2023 – Evan Furcht / Collin Tapper
2024 – Eli Diane / Will Chabot

Trojan Pride *(started in 2008)*

2008 – Anders Bowman
2009 – Rob Bathe
2010 – Andy Kleven
2011 – Sam Lebewitz
2012 – Jarod Jackson / Tyler Berry
2013 – Chris Pierson
2014 – Joey Kolpin
2015 – Austin Gordon
2016 – Sam Kolpin
2017 – Drake Kapler
2018. –Jett Berg
2019 – Ben Hidani
2020 – (covid-19)
2021 – Owen Mickelson
2021 – Owen Dehm
2023 – Charlie Tomczik
2024 – Matt Adams

“Gold Stick”

Most Valuable Relays Member

(started in 2016)

2016 – Ethan Tuch
2017 – Tommy Leisen
2018 – Frank Fetrow
2019 – Owen Mickelson
2020 – (covid-19)
2021 – Alex Williams
2021 – Tyler Milkes

Team Captains

2006: Josh Gerber, Jon Charest, Paris Richardson
2007: Aaron Demro, Ben Johnson, Stu Pease, Jon Lambert, Ryan Tuura
2008: Mustafa Hussan, Billy Buffington, David Churchill
2009: Rob Bathe, Mike Ehm, Andrew Wasz, Ben Wambheim
2010: Max Johnson, AJ Troup, Oliver Haugland, Ben Wambheim
2011: Adam Moline, Patrick Nelson, Ryan D’Kae, Sam Lebewitz, Josh Thorson
2012: Josh Thorson, Jarod Jackson, Ethan Zeidler, Brian Jarvey
2013: Jeffery Borchardt, Chris Pierson, Derek Peterson, Michael Smith, Guy Guentner
2014: Michael Smith, James Smith, Obi Wamuo, Connor Olson
2015: Anthony Clarke, Austin Gordon, Connor Olson
2016: Jaret Carpenter, Sam Kolpin, Tyler Didier
2017: Drake Kapler, Gemechu Meshele, Ben Grosse
2018: Jett Berg, Frank Fetrow, John Taylor
2019: Max Baker, Andrew Brandt, Patrick Lenoard, Ben Hidani, Grant Price
2020: Jac Carver, Alvin George, Ian Zukor
2021: Andrew Adams, Rukshen Ambrose, Brian Glomstad, Owen Mickelson, Henry Oswald, Travis Salters
2022: Nick Cichoski, Jack Helmich, Connor Vokaty, Nate Graham, Michael Meadowcraft, Nate Agbemadon
2023: Hamza Mohamed, David Nelson, Charlie Tomczik, Andrew Westermeyer, Max Williams.
2024 – Tyler Kissell, Tyler Milkes, Manny Wilson, Hayes McMillian, Matt Adams
2025 – Matt Adams, Toju Olu-Onanuga, Rishab Madasamy, Will Weber

Mr. MN Track and Field *(started in 2018)*

- **Final 3 Finalist:**

2018: Khalid Hussein

- **Final 10:**

2022: Jack Helmich

2019: Cameron Arkastyn, Andrew Brandt

2018: Khalid Hussein, John Taylor

Mr. MN Track & Field Nominated Athlete Recipients:

2024: Michael Allen, Manny Wilson, Tyler Kissell

2023: David Nelson

2022: Jack Helmich

2021: Brian Glomstad

2020: (CO-VID)

2019: Cameron Arkastyn, Andrew Brandt, Patrick Leonard

2018: Khalid Hussein, John Taylor

Star Tribune Metro Athlete of the Year *(started in 2018)*

2018: Khalid Hussein

Gatorade Most Valuable MN T&F finalist:

2012: Josh Thorson

2014: Michael Smith

2018: Khalid Hussein

Gatorade Most Valuable MN T&F winner:

2012: Josh Thorson