

# 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	2018	22.72	Alec Nibaur
10	1996	22.79	Eric Swift
11	2015	22.97	Max Doering
12	1978	23.00	Karl Iverslie
13	2012	23.05	Chris Oden
14	2001	23.10	Justin Jones
15	2008	23.15	Branden Jahnke

## 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 Francios
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	2017	1:58.45	Abdi Abdihakim
6	2011	1:58.47	Muhumed Abdullahi
7	2000	1:58.50	Kyle Halliday
8	2013	1:59.40	Connor Haugen
9	2008	1:59.88	Andrew Nicklawski
10	2005	2:00.00	Kyle Eckhoff
11	1988	2:00.01	Brian Lenzmeier
12	2018	2:00.21	Adnan Mohumed
13	2016	2:00.24	Colten Carlson
14	1990	2:00.40	Eric Evans
15	1992	2:00.43	Jon Heath

## 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 Nicklawsky
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 (state meet)
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 Kløver
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	2017	9:58.24	Hudeife Mire

## 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	2018	15.42	Alec Nibaur
10	1999	15.44	Joey Mikes
11	1995	15.60	Eric Refsland
12	1984	15.70	Jack Negen
13	1991	15.90	Dean Anfinson
14	2013	15.92	Jordan Linde
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	2018	41.51	Brady Krupa
14	2016	41.60	Musab Dahir
15	1995	41.70	Anders Peterson

## 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	2018	12'6"	Tyrel Christensen
14	2018	12'6"	Mateo Martin/Mera
15	1984/89/95/2011/2		Mark Nelson/Scott Bohlsen

## High Jump

1	1997	6' 6"	Chris Oden
2	2013	6'5"	Chad Schueller
3	1985	6' 5"	Jordan Linde
4	1987	6' 4"	Steve Kvaal
5	2014	6'4"	Gene Schwartz
6	1984	6' 3 1/2"	Luke Lippert
7	2000	6' 3"	Dave Baer
8	2004	6' 2"	Jon Duinick
9	1996	6' 2"	Juan Querabin
10	1996	6' 2"	Jason Gilbertson
11	1987	6' 2"	Ben Werder
12	1983	6' 2"	Bob Jagow
13	1982	6' 2"	Mike Welch
14	2017	6'2"	Owen Trout
15	2018	6'0"	Jacob Minnick
			Ibrahim Ismail

## Long Jump

1	1980	21' 10"	Dennis Hensch
2	2015	21' 9"	Mike Heitzman
3	2004	21' 4 1/2"	Zak Kjolsing
4	2018	21' 3"	Noah Slagter
5	1993	21'	Jessie Fuls
6	2016	20' 11 1/2"	Ike Kobinia
7	1980	20' 11"	Steve Wilson
8	2007	20'10"	Cory Hanson
9	2013	20'9.75"	Chris Cunningham
10	2018	20' 8"	Brady Krupa
11	1991	20' 6"	Dean Anfinson
12	2007	20'5"	Jon Leaks
13	1995	20' 5"	Ryan Wickstrom
14	2012	20'4 1/2"	Matt Glup
15	2010	20'4"	Jeremy Schendel

## 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	2018	41' 11"	Noah Slagter
5	1990	41' 7 1/2"	Dean Anfinson
6	1990	41' 3"	Ross Zwagwerman
7	1982	41' 3"	Greg Neeser
8	2014	41' 2"	Jack Christianson
9	2018	40' 10 3/4"	Alec Nibaur
10	2007	40'8 1/2"	Jon Leaks
11	2006	40'2"	Paul Kimpling
12	1997	39' 10"	Ben Werder
13	1997	39' 10"	Jamie Lippert
14	2016	39' 9"	Muhyadin Mohamed
15	2004	39' 9"	Juan Querubin

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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	2018	44.27	Josh Miley, Ty Christensen, Blake Hisken, Devin Fuchs
7	2006	44.28	Andrew East, Andy Boersma, Paul Kimpling, Eric Hillebrand
8	2013	44.33	Mike Heitzman, Eli Gunderson, Jack Christianson, Chris Cunningham
9	1983	44.40	Jeff Sims, Greg Neeser, Tony Horning, Dave Baer
10	2014	44.60	DaShawn Russel, Mike Heitzman, Jack Christianson, Chris Cunningham
11	1984	44.60	Jon Mohr, Dave Coppelin, Jeff Neeser, Jeff Thorpe
12	2016	44.63	Bello White, Alex Neibauer, Tyrel Christenson, Ike Kobinia
13	2007	44.67	Cory Hanson, Jon Leaks, Branden Jahnke, Andy Boersma
14	2006	44.76	Andrew East, Eric Hillenbrand, Zak Kjolsing, Paul Kimpling
15	2012	44.81	Isaac Thompson, Chris Oden, Chris Cunningham, Matt Glup

### 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	2018	1:32.15	Josh Miley, Garrett Shuldes, Alec Nibaur, Devin Fuchs
7	2015	1:32.46	DaShawn Russel, Eli Gunderson, Jack Christianson, Max Doering
8	2016	1:32.59	Musab Dahir, Ike Kobinia, Ryan Liimatta, Max Doering
9	2011	1:32.77	Drue Backhaus, Chris Odins, Eugene Steppan, Jeremy Schendel
10	2012	1:32.82	Derik Peterson, Chis Cunningham, Alex Grove, Chris Oden
11	2005	1:32.86	Cory Hanson, Andy Boersema, Zak Kjolsing, Eric Hillenbrand
12	2018	1:32.89	Josh Miley, Eli Jorgunson, Garrett Shuldes, Alec Nibaur
13	2013	1:32.96	Derik Peterson, Eli Gunderson, Jack Christianson, Chris Cunningham
14	2007	1:33.11	Branden Jahnke, Jon Leaks, Andy Boersma, Josh Asleson
15	2010	1:33.13	Brandon Schow, Eugene Stepan, Jeremy Schendel, Andrew Backus

### 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 Coquyt
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	2018	3:30.28	Garrett Shuldes, Ibarhim Ismail, Adnan Mohamed, Shawn Melies/Urin
14	2016	3:30.75	Ryan Liimatta, Musab Dahir, Dakot Tjaden, Jacob Minnick
15	2017	3:31.89	Musab Dahir, Ryan Liimatta, Shawn Melies-Urrin, Abdi Abdi

### 4x800 Relay

1	2007	7:45.97	Mustafa Yusuf, Abdi Awale, Kaafi Adeys, Zack Coquyt
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 Coquyt, 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 Coquyt, 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	2017	8:13.58	Musab Dahir, Hudeife Mire, Shawn Melies-Urrin, Abdi Abdi
15	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 Huisinga
3	1981	52' 3"	Jeff Thorpe
4	1997	50' 3"	Ryan Kooy
5	1990	48' 4 1/2"	Myron Baer
6	2018	48' 2"	Cameron Murphy
7	1978	48' 2"	Steve Hanson
8	2016	47' 7"	S. Lou Russell
9	1988	47' 6"	Aaron Anderson
10	1997	47' 5"	Dan Jacobs
11	1990	47' 0"	Jeremy Engler
12	1987	46' 11 1/2"	Chuck Stern

### Discus

1	1994	165' 9"	Adam Boerema
2	1990	157' 2"	Myron Baer
3	2017	154' 4"	Cameron Murphy
4	2017	151' 11"	S. Lou Russell
5	1988	148' 6"	Roger Schliemann
6	1979	146' 5"	Dennis Murphy
7	2016	144' 3"	Gunner Rath
8	2008	143' 11"	Jackson Roberts
9	1989	142' 5"	Paul Carlson
10	2007	141'	Adam Schow
11	1982	139' 11"	Jeff Ramey
12	1981	138' 5"	Scott Croonquist
13	1993	137' 8"	Ryan Eddy
14	2014	137' 8"	Matt Hennes
15	2000	137' 5"	Judd Beccue