

**SECTION 4AA**  
**BOYS AND GIRLS**  
**TRACK AND FIELD MEET**  
**MAY 31 & JUNE 02, 2016**  
**EAST RIDGE HIGH SCHOOL**



**STATE: JUNE 10 & 11, 2016**  
**HAMLIN UNIVERSITY**

**ATHLETIC/ACTIVITIES DIRECTORS AND HEAD COACHES**

## 2016 SECTION 4AA BOYS AND GIRLS TRACK AND FIELD MEET 2016

1. **ENTRY LIMITS** – Not more than 3 contestants from a given school shall be allowed to enter an individual event. An athlete may be entered and compete in a total of four events (track and field), but not in excess of three track or field events in arriving at the combination of four. **An athlete that is already entered into 3 individual running events is not eligible to be placed as a runner or alternate in a relay.**
2. **ENTRY DEADLINE** – A contestant becomes officially entered into the first level of competition upon the entry deadline. The established entry deadline for all entries is 11:59 pm Saturday, May 28. **NOTE: ENTRIES/CHANGES NOT COMPLETED BY THE ENTRY DEADLINE WILL NOT BE MADE.**
3. **ENTRY PROCESS** – Coaches are to enter their participants on the MSHSL Website. Once entries have been submitted and the deadline passes (11:59 pm Saturday May 28rd) an athlete is considered a competitor in ALL events entered. Medical exceptions to this policy will be handled on an individual basis at the meet by the Games Committee. Additions may not be allowed for any reasons.
4. **RELAY ENTRIES** – Relays advance as a school team. Therefore, the relay team (4 runners and 2 alternates) may change from sub-section to section and from section to state. If a Preliminary event is run, the same team of 6 runners must be used in the Finals event. Runners and alternates must have an available event to be placed on the relay card. **Example:** An individual who is entered in the 100, 200, and 400 is not eligible to be placed on a relay as a runner OR alternate, as they are not eligible to run. An individual who is entered in the 100, 200 and 4X400 may be listed as an alternate in the other relays as he/she could be utilized by not participating in the 4x400. Relay names do not need to be submitted with meet entries. **Coaches will be given relay cards at the Tuesday, May 31<sup>st</sup> Coaches Meeting. Up to six names can be provided on the relay card, which is to be turned in to the clerk on Thursday, June 02<sup>nd</sup>, during check-in for the event.**
5. **DAY OF MEET SCRATCHES** –If Section Meet procedures allow for scratches on meet day, this will be allowable at the first level of competition only, these must take place prior to the start of the earliest event of the meet. **An athlete that is scratched during this meeting is scratched from ALL events for which they were entered. Additions may not be made for any reason.**
6. **PARTICIPATION** – An athlete is expected to participate in all entered events. If the athlete does not compete in ALL events entered, it will result in disqualification of the participant in ALL events in which the contestant is entered (including events that are final). Medical exceptions to this policy will be handled on an individual basis at the meet by the Games Committee. A signed Physician's note must accompany all requests.

7. **MEET SEEDS** – Coaches want the entire meet program available on the morning of the meet. Every effort will be made to email the program before 9:00 a.m. each meet day to the Head Coach. In addition, the program will be given out at the 2:00 p.m. Coaches Meeting (Storage Building North End of the Track each meet day).
8. **FIELD EVENT FLIGHTS** – Field event flights will be limited to a maximum of 12 per flight.
9. **OPENING HEIGHTS** - Below are the starting heights for the 2016 Section Meet. *NOTE: Opening heights will be adjusted down to a height that is a multiple of 2” in the High Jump and 6” in the Pole Vault, below the State Meet Qualifying Standard in these events.*  
 High Jump: Starting height will be set 2” below the 12th seeded height. Open for discussion.  
 Pole Vault: Starting height will be set 6” below the 12th seeded height. Open for discussion.
10. **TIME SCHEDULES** – A time schedule will be provided to coaches at the Coaches Meeting and posted for athletes and spectators. Programs will be sold on each meet day.
11. **SCORES & AWARDS** - Scores through 17 events should be read prior to the 4 x 400 Meter Relay, and any remaining awards that are yet to be distributed should be given at that time, but no additional readings beyond that should be provided. Day One events that are final will be awarded near the conclusion of their event on Day One. Day Two awards will be awarded after the final of each event.
12. **1600/3200 Meter Events**– There will be 15-20 athletes in the fast heat of the 1600 and 3200 Meter Races. The HyTek Operator and Co-Meet Managers will determine the final call on the break. The cut time for the 1600 and 3200 Meter Runs will be emailed to the Head Coaches when it has been determined.
13. **COACHES MEETINGS** – The Coaches Meetings will take place in the Storage Building North End of the Track at 2:00 p.m. on Tuesday, May 31, and at 2:00 p.m. on Thursday, June 02. **A HEAD COACH OR AN ASSISTANT COACH IS REQUIRED TO ATTEND EACH COACHES MEETING.**

**GAMES COMMITTEE/JURY OF APPEALS:**

**GIRLS COACHES:** Chris Babcock – Cretin-Derham Hall; Dan Cahill – North;  
 David Zeitchick – St. Paul Highland Park;

**Alternate:** Richard Samuelson – White Bear Lake

**BOYS COACHES:** Matt Young – Mahtomedi; Brian Bailey – Roseville;  
 Scott Christensen – Stillwater

**Alternate:** Michael Houston – St. Paul Harding

**TIMING SYSTEM / HEAT COORDINATOR:** Matthew Mullenbach

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# SECTION 4AA BOYS AND GIRLS TRACK AND FIELD MEET

2016

## TIME SCHEDULE

### TUESDAY, MAY 31, 2016 (DAY ONE)

1:30 – 2:30 pm Shot Put and Discus - Weigh-in *Storage Building North End of the Track*  
1:30- 2:30 pm Pole Inspection – *Pole Vault Runway (Weight Verification Form Due)*  
2:00 pm Coaches Meeting – *Storage Building North End of the Track*  
2:15 - 2:45 pm Workers – *Check in at Finish Line at the Southwest End of the Track*  
2:50 pm National Anthem

### FIELD EVENTS

3:00 pm Long Jump GIRLS Flights of 12 or smaller – Top 10 plus Ties to Finals.  
3:00 pm Triple Jump BOYS Flights of 12 or smaller – Top 10 plus Ties to Finals.  
3:00 pm High Jump GIRLS 5 Alive - Raises by 2” until 3 or fewer athletes remain.  
3:00 pm Pole Vault BOYS 5 Alive - Raises by 6” until 3 or fewer athletes remain.  
3:00 pm Shot Put BOYS Flights of 12 or smaller – Top 10 plus Ties to Finals.  
3:00 pm Discus GIRLS Flights of 12 or smaller – Top 10 plus Ties to Finals.

*Note: Day One events that are final will be awarded after the conclusion of their event on Day One.*

### RUNNING EVENTS

4:00 pm 100 Meter Hurdle Prelims GIRLS 9 Advance to Finals – *Heat winners plus next best times.*  
4:20 pm 110 Meter Hurdle Prelims BOYS 9 Advance to Finals – *Heat winners plus next best times.*  
4:40 pm 100 Meter Dash Prelims GIRLS 9 Advance to Finals – *Heat winners plus next best times.*  
4:55 pm 100 Meter Dash Prelims BOYS 9 Advance to Finals – *Heat winners plus next best times.*  
5:10 pm 3200 Meter Run Finals GIRLS Slower Heat.  
5:30 pm 3200 Meter Run Finals BOYS Slower Heat.  
5:50 pm 400 Meter Dash Prelims GIRLS 9 Advance to Finals – *Heat winners plus next best times.*  
6:05 pm 400 Meter Dash Prelims BOYS 9 Advance to Finals – *Heat winners plus next best times.*  
6:20 pm 300 Meter Hurdle Prelims GIRLS 9 Advance to Finals – *Heat winners plus next best times.*  
6:40 pm 300 Meter Hurdle Prelims BOYS 9 Advance to Finals – *Heat winners plus next best times.*  
7:00 pm 800 Meter Run Prelims GIRLS 12 Advance to Finals – *Top 2 each heat plus next best times.*  
7:20 pm 800 Meter Run Prelims BOYS 12 Advance to Finals – *Top 2 each heat plus next best times.*  
7:35 pm 200 Meter Dash Prelims GIRLS 9 Advance to Finals – *Heat winners plus next best times.*  
7:50 pm 200 Meter Dash Prelims BOYS 9 Advance to Finals – *Heat winners plus next best times.*  
7:55 pm 3200 Meter Run Finals GIRLS Fast Heat – *Top 15-20 Athletes.*  
8:10 pm 3200 Meter Run Finals BOYS Fast Heat – *Top 15-20 Athletes.*  
8:20 pm AWARDS GIRLS 3200 METER RUN  
8:30 pm AWARDS BOYS 3200 METER RUN

\*NOTE: All times listed are tentative. No events will start more than 10 minutes before posted time.

**SECTION 4AA BOYS AND GIRLS TRACK AND FIELD MEET**  
**THURSDAY, JUNE 02, 2016 (DAY TWO) TIME SCHEDULE**

1:30 - 2:30 pm Shot Put and Discus- Weigh-in *Storage Building North end of the Track*  
 1:30 - 2:30 pm Pole Inspection - *Pole Vault Runway (Weight Verification Form Due)*  
 2:00 pm Coaches Meeting - *Storage Building North End of the Track*  
 2:15 - 2:45 pm Workers - *Check in at Finish Line at the Southwest end of the Track*  
 2:50 pm National Anthem

**FIELD EVENTS**

3:00 pm	Long Jump	BOYS	Flights of 12 or smaller-Top 10 plus Ties to Finals.
3:00 pm	Triple Jump	GIRLS	Flights of 12 or smaller - Top 10 plus Ties to Finals.
3:00 pm	High Jump	BOYS	5 Alive - Raises by 2" until 3 or fewer athletes remain.
3:00 pm	Pole Vault	GIRLS	5 Alive - Raises by 6" until 3 or fewer athletes remain.
3:00 pm	Shot Put	GIRLS	Flights of 12 or smaller - Top 10 plus Ties to Finals.
3:00 pm	Discus	BOYS	Flights of 12 or smaller - Top 10 plus Ties to Finals.

*Note: Day Two Field Events Awards will be presented after the conclusion of their event.*

**RUNNING EVENTS**

4:00 pm	4 X 800 Meter Relay Finals	GIRLS	1 Heat
4:15 pm	4 x 800 Meter Relay Finals	BOYS	1 Heat
4:25 pm	<b><u>AWARDS 4 X 800 METER RELAYS</u></b>		
4:30 pm	100 Meter Hurdle Finals	GIRLS	1 Heat
4:35 pm	110 Meter Hurdle Finals	BOYS	1 Heat
4:40 pm	<b><u>AWARDS 100 METER HURDLES AND 110 METER HURDLES</u></b>		
4:45 pm	100 Meter Dash Finals	GIRLS	1 Heat
4:50 pm	100 Meter Dash Finals	BOYS	1 Heat
5:00 pm	<b><u>AWARDS 100 METER DASHES</u></b>		
5:10 pm	4 X 200 Meter Relay Finals	GIRLS	2 Sections-Fast Section Second-9 Teams in Fast Heat.
5:25 pm	4 X 200 Meter Relay Finals	BOYS	2 Sections-Fast Section Second-9 Teams in Fast Heat.
5:40 pm	<b><u>AWARDS 4 X 200 METER RELAYS</u></b>		
5:45 pm	1600 Meter Run Finals	GIRLS	2 Sections-Fast Section Second
6:05 pm	1600 Meter Run Finals	BOYS	2 Sections-Fast Section Second
6:25 pm	<b><u>AWARDS 1600 METER RUNS</u></b>		
6:30 pm	4 X 100 Meter Relay Finals	GIRLS	2 Sections-Fast Section Second-9 Teams in Fast Heat.
6:40 pm	4 X 100 Meter Relay Finals	BOYS	2 Sections-Fast Section Second-9 Teams in Fast Heat.
6:45 pm	<b><u>AWARDS 4 X 100 METER RELAYS</u></b>		
6:55 pm	400 Meter Dash Finals	GIRLS	1 Heat
7:00 pm	400 Meter Dash Finals	BOYS	1 Heat
7:05 pm	<b><u>AWARDS 400 METER DASHES</u></b>		
7:15 pm	300 Meter Hurdle Finals	GIRLS	1 Heat
7:20 pm	300 Meter Hurdle Finals	BOYS	1 Heat
7:25 pm	<b><u>AWARDS 300 METER HURDLES</u></b>		
7:30 pm	800 Meter Run Finals	GIRLS	1 Heat
7:40 pm	800 Meter Run Finals	BOYS	1 Heat
7:50 pm	<b><u>AWARDS 800 METER RUNS</u></b>		
7:55 pm	200 Meter Dash Finals	GIRLS	1 Heat
8:00 pm	200 Meter Dash Finals	BOYS	1 Heat
8:05 pm	<b><u>AWARDS 200 METER DASHES &amp; ALL FIELD EVENTS</u></b>		
8:15 pm	<b><u>TEAMS SCORES THROUGH 17 EVENTS TO BE ANNOUNCED</u></b>		
8:20 pm	4 x 400 Meter Relay Finals	GIRLS	2 Sections-Fast Section Second-9 Teams in Fast Heat.
8:30 pm	4 x 400 Meter Relay Finals	BOYS	2 Sections-Fast Section Second-9 Teams in Fast Heat.
8:40 pm	<b><u>AWARDS 4 X 400 METER RELAYS AND TEAM SCORES</u></b>		

\*NOTE: All times listed are tentative. No events will start more than 10 minutes before posted time.

## **FIELD EVENT INFORMATION**

**Field Event Flights – Field Event Flights in the Shot Put, Discus, Long Jump and Triple Jump will be limited to a maximum of 12 competitors per flight.**

**Shot Put and Discus – For safety reasons, the Shot Put and Discus will be carried and handed by a worker to the person who has thrown it. There will be three or four Preliminary seeded flights, with up to ten-minute warmups between flights. Finals will be seeded and there will be a ten-minute warmup prior to Finals Competition.**

**Long Jump and Triple Jump – There will be three Preliminary seeded flights, with a ten-minute warmup before each flight. The beginning of each flight will be at 3:00, 3:45, and 4:30. A ten-minute warmup will precede the flights also during the Finals Competition.**

**High Jump and Pole Vault – The starting height will be adjusted to a height that is a multiple of two inches in the High Jump and six inches in the Pole Vault below the State Qualifying Standard in their respective event. The Twelfth-seeded height will be used to determine the starting height for each event.**

## **MEET SCORING INFORMATION**

**The following point values will be used in scoring nine places for each event.**

**12 – 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1**

**All nine placers will report to the Awards Stand when called.**

## **MEDALS**

**Medals will be awarded to the top six finishers in each of the eighteen events.**

## **SPIKES**

**One-quarter inch pyramid spikes are to be used on the East Ridge High School track.**

**2016 EAST RIDGE HIGH SCHOOL - Start lines and Exchange Zones**

## 2016 SCHOOL WORK ASSIGNMENTS 2016

**Coaches and Directors: *Make sure that you have workers at the assigned event by 2:50 pm.***

<b>CRETIN-DERHAM HALL</b>	<b>Boys Pole Vault</b>	<b>3 Athlete Helpers</b>
<b>EAST RIDGE</b>	<b>Starting Block Attendant</b>	<b>1 Athlete each day</b>
	<b>Awards Stand Presentation</b>	<b>2 Adults</b>
<b>HILL-MURRAY</b>	<b>Girls Pole Vault</b>	<b>3 Athlete Helpers</b>
<b>MAHTOMEDI</b>	<b>Boys Triple Jump</b>	<b>3 Athlete Helpers</b>
<b>NORTH</b>	<b>Boys High Jump</b>	<b>3 Athlete Helpers</b>
<b>ROSEVILLE</b>	<b>Boys Long Jump</b>	<b>3 Athlete Helpers</b>
<b>ST. PAUL CENTRAL</b>	<b>Girls Discus</b>	<b>3 Athlete Helpers</b>
<b>ST. PAUL COMO PARK</b>	<b>Boys Discus</b>	<b>3 Athlete Helpers</b>
<b>ST. PAUL HARDING</b>	<b>Girls Shot Put</b>	<b>3 Athlete Helpers</b>
<b>ST. PAUL HIGHLAND PARK</b>	<b>Girls High Jump</b>	<b>3 Athlete Helpers</b>
<b>ST. PAUL JOHNSON</b>	<b>Girls Triple Jump</b>	<b>3 Athlete Helpers</b>
<b>ST. PAUL WASHINGTON</b>	<b>Girls Long Jump</b>	<b>3 Athlete Helpers</b>
<b>STILLWATER</b>	<b>Starting Block Attendants</b>	<b>3 Athletes each day</b>
<b>TARTAN</b>	<b>Hurdles Crew</b>	<b>All Available Athletes</b>
<b>WHITE BEAR LAKE</b>	<b>Boys Shot Put</b>	<b>3 Athlete Helpers</b>
<b>WOODBURY</b>	<b>Hurdles Crew</b>	<b>All Available Athletes</b>

**Student workers should show up and report to the official in charge at their assigned event.**

- Please review with the official in charge the assigned responsibility.**
- *The efficiency and success of our Section 4AA Meet is increased if all workers are at the assigned event and/or responsibility. Thank you***

## SECTION 4AA TRACK AND FIELD HEAD COACHES 2016

<b><u>SCHOOL</u></b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>
<b>Cretin-Derham Hall</b>	<b>Gerald Macken Chris Babcock</b>	<b>Gerald Macken Chris Babcock</b>
<b>East Ridge High School</b>	<b>Shannon Rainey</b>	<b>Lloyd Ness</b>
<b>Hill-Murray</b>	<b>Jodi Hurley</b>	<b>Jodi Hurley</b>
<b>Mahtomedi</b>	<b>Matthew Young</b>	<b>Jim Driscoll</b>
<b>North</b>	<b>Todd Wallert</b>	<b>Dan Cahill</b>
<b>Roseville</b>	<b>Brian Bailey</b>	<b>Greg Ueland</b>
<b>St. Paul Central</b>	<b>Willie Taylor</b>	<b>Willie Taylor</b>
<b>St. Paul Como Park</b>	<b>Roy Magnuson</b>	<b>Roy Magnuson</b>
<b>St. Paul Harding</b>	<b>Michael Houston</b>	<b>Michael Houston</b>
<b>St. Paul Highland Park</b>	<b>David Zeitchick</b>	<b>David Zeitchick</b>
<b>St. Paul Johnson</b>	<b>Logan Kane</b>	<b>Logan Kane</b>
<b>St. Paul Washington</b>	<b>Darrell Courneya</b>	<b>Darrell Courneya</b>
<b>Stillwater</b>	<b>Scott Christensen</b>	<b>Dawn Podolske</b>
<b>Tartan</b>	<b>Karl Ermisch</b>	<b>Jim Boyle</b>
<b>White Bear Lake</b>	<b>Tom Paulson</b>	<b>Richard Samuelson</b>
<b>Woodbury</b>	<b>Lane Swansson</b>	<b>D J Billingsley</b>

## SCHOOLS, ATHLETIC/ACTIVITY DIRECTORS AND COACHES 2016

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Gerald Macken [gmacken@c-dh.org](mailto:gmacken@c-dh.org) 651-696-3348

**EAST RIDGE** Joel Olson, AD [jolson11@sowashco.org](mailto:jolson11@sowashco.org) 651-425-2348  
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GIRLS COACH Lloyd Ness [lness@sowashco.org](mailto:lness@sowashco.org) 651-769-4911

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GIRLS COACH Jim Driscoll [jim.driscoll@isd832.net](mailto:jim.driscoll@isd832.net) 651-407-2214

**NORTH** Jed Helwig, AD [jhelwig2@isd622.org](mailto:jhelwig2@isd622.org) 651-748-6022  
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**GAMES COMMITTEE/JURY OF APPEALS**

**GIRLS COACHES:** Chris Babcock – Cretin-Derham Hall; Dan Cahill – North;  
David Zeitchick – St. Paul Highland Park;  
**Alternate:** Richard Samuelson – White Bear Lake

**BOYS COACHES:** Matt Young – Mahtomedi; Brian Bailey – Roseville;  
Scott Christensen – Stillwater  
**Alternate:** Michael Houston – St. Paul Harding

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## SECTION 4AA TRACK & FIELD CHAMPIONSHIP RECORDS

### GIRLS

EVENT	NAME	SCHOOL	RECORD	YEAR
100 Meter Dash	Brieasha Hunter	Cretin Derham Hall	12.08	2014
200 Meter Dash	Brieasha Hunter	Cretin Derham Hall	24.42	2014
400 Meter Dash	Amber Affelt	Coon Rapids	54.7	1995
800 Meter Run	Amber Affelt	Coon Rapids	2:12.92	1995
1600 Meter Run	Tracy Dahl	Anoka	4:55.9	1988
3200 Meter Run	Shaelyn Sorensen	Tartan	10:35.85	2014
100 Meter Hurdles	Katie Bestul	Coon Rapids	14.9	1996
300 Meter Hurdles	Brooke Brendenberg	Champlin Park	44.27	2000
4x100 M Relay	Lundin, Rogers, Raines, West	Woodbury	48.67	2014
4x200 M Relay	Veraguis, Raines, Rogers, West	Woodbury	1:42.44	2014
4x400 M Relay	Kropp, Horner, Rutt, Swan	Anoka	3:54.8	1981
4x800 M Relay	Mackey, Gillinsrud, Ashbrook, Maciasek	Mounds View	9:21.47	1995
Long Jump	Kristi Kropp	Anoka	18'4.25"	1982
Triple Jump	Meagan Blair	St. Paul Highland	38'4.25"	2015
High Jump	Karen Stone	Mariner	5'5"	1981
	Franij Grud	Blaine	5'5"	1982
	Katie Blide	Stillwater	5'5"	1982
	Barb Wagemon	Blaine	5'5"	1986
	Kristin Scherer	Coon Rapids	5'5"	1990
	Amanda Sullivan	North	5'5"	1998
Pole Vault	Nicole Meidl	Stillwater	11'3"	2000
Shot Put	Pam Summers	Spring Lake Park	41'11.5"	1982
Discus	Angela Guenther	White Bear Lake	154'3"	2012
Wheelchair				
100 Meter Dash	Miriam Probst	White Bear Lake	39.78	2015
200 Meter Dash	Miriam Probst	White Bear Lake	1:32.67	2015
Discus	Miriam Probst	White Bear Lake	23'	2014
Shot Put	Miriam Probst	White Bear Lake	12'03"	2015

**SECTION 4AA TRACK & FIELD CHAMPIONSHIP RECORDS****BOYS**

<b>EVENT</b>	<b>NAME</b>	<b>SCHOOL</b>	<b>RECORD</b>	<b>YEAR</b>
<b>100 Meter Dash</b>	<b>Emmanuel Matadi</b>	<b>St. Paul Johnson</b>	<b>10.75</b>	<b>2009</b>
<b>200 Meter Dash</b>	<b>Akeem Sirleaf</b>	<b>North</b>	<b>21.56</b>	<b>2015</b>
<b>400 Meter Dash</b>	<b>Frank Falzone</b>	<b>Stillwater</b>	<b>48.35</b>	<b>2010</b>
<b>800 Meter Run</b>	<b>Eric Gebeke</b>	<b>White Bear Lake</b>	<b>1:52.23</b>	<b>2012</b>
<b>1600 Meter Run</b>	<b>Luke Watson</b>	<b>Stillwater</b>	<b>4:12.27</b>	<b>1998</b>
<b>3200 Meter Run</b>	<b>Eric Colvin</b>	<b>Stillwater</b>	<b>9:03.86</b>	<b>2013</b>
<b>110 High Hurdles</b>	<b>Trevon Clay</b>	<b>St. Paul Como</b>	<b>14.14</b>	<b>2015</b>
<b>300 M Int Hurdles</b>	<b>Peter Stuart</b>	<b>Blaine</b>	<b>37.82</b>	<b>2001</b>
<b>4x100 M Relay</b>	<b>Jackson, Johnson, Mahmood, Travis</b>	<b>Champlin Park</b>	<b>42.32</b>	<b>2000</b>
<b>4x200 M Relay</b>	<b>Giovinazzo, Sirleaf, Quentin, Travis</b>	<b>North</b>	<b>1:28.11</b>	<b>2012</b>
<b>4x400 M Relay</b>	<b>Davis, Day, Goff, Ricci</b>	<b>Stillwater</b>	<b>3:18.99</b>	<b>2011</b>
<b>4x800 M Relay</b>	<b>Boldt, Dusbabeck, Langer, Mitchell</b>	<b>Stillwater</b>	<b>7:52.68</b>	<b>1997</b>
<b>Long Jump</b>	<b>Paul Akintade</b>	<b>Highland Park</b>	<b>23'5.5"</b>	<b>2013</b>
<b>Triple Jump</b>	<b>Rondo Davis</b>	<b>Blaine</b>	<b>47'7.75"</b>	<b>1999</b>
<b>High Jump</b>	<b>Greg Lawson</b>	<b>Blaine</b>	<b>6'10"</b>	<b>1982</b>
<b>Pole Vault</b>	<b>Tim Koupal</b>	<b>Anoka</b>	<b>15'2"</b>	<b>1997</b>
<b>Shot Put</b>	<b>Nate Englin</b>	<b>Mounds View</b>	<b>61'8.5"</b>	<b>2002</b>
<b>Discus</b>	<b>John Zollinger</b>	<b>Kellogg</b>	<b>191'8"</b>	<b>1985</b>

