

# TRI COUNTY SOUTHERN NEBRASKA CONFERENCE TRACK CHAMPIONS

## 2006

800-----Matt Shipp  
1600-----Matt Shipp

3200----Matt Shipp  
400-----James Timberlake

## 2005

800-----Wes Cammack  
3200 Relay---Michael Parde, Cody Parker, Heath Weichel, Dustin Mammen

3200-----Wes Cammack

## 2004

110 HH-----Brett Shipp  
300 IH-----Brett Shipp

1600-----Wes Cammack  
3200-----Wes Cammack

## 2003

Discus-----Alex Tietjen  
3200 Meter Run-----Wes Cammack  
800 Meter Run-----Wes Cammack  
400 Meter Relay-----Justin Hanke, Gabe Schnuelle, Logan Roeber, Alex Tietjen  
1600 Meter Relay-----Gabe Schnuelle, Wes Cammack, Brett Shipp, Alex Tietjen

Triple Jump----Brett Shipp  
1600 Meter Run—Wes Cammack

## 2002

Discus-----Alex Tietjen  
400 Meter Relay-----Gabe Schnuelle, Joey Schnuelle, Justin Hanke, Alex Tietjen

200 Meter Dash—Gabe Schnuelle

## 2001

400 Meter Dash-----Joey Schnuelle  
400 Meter Relay-----Joey Schnuelle, Gabe Schnuelle, Anthony Drewes, Ryan Tietjen  
Discus-----Ryan Tietjen

Shot Put-----Ryan Tietjen

## 2000

Shot Put---Dan Tesar  
400 Meter Relay-----Jake Klasek, Joey Schnuelle, Gabe Schnuelle, Ryan Tietjen

Discus---Ryan Tietjen

High Jump---Ross Pfungsten

## 1999

800 Meter Run-----Brian Thimm  
1600 Meter Relay-----Brian Thimm, Dustin Gronemeyer, Brett Esau, Joey Schnuelle

Shot Put-----Kalob Pearson

## 1998

Shot Put-----Kalob Pearson  
3200 Meter Relay-----Jarrod Reimer, Brian Thimm, Brett Esau, Justin Kirchhoff

Discus-----Chris Muller

## 1997

None

## 1996

Long Jump-----Jesse Gronemeyer

High Jump-----Brian Kroese

## 1995

800 Meter Run-----Jesse Haecker

High Jump-----Mark Beerenstrauch

## 1994

100 Meter Dash-----Benji Schnuelle  
110 Meter Hurdles-----Aaron Waltz  
1600 Meter Relay-----Andy Pearson, Benji Schnuelle, Jeremy Siems, Jeff Jurgens

200 Meter Dash-----Benji Schnuelle

300 Meter Hurdles-----Aaron Waltz

## 1993

100 Meter Dash-----Benji Schnuelle  
800 Meter Run-----Jesse Haecker  
400 Meter Relay-----Tom Hueske, Mark Pohlmann, Brian Scherling, Benji Schnuelle  
1600 Meter Relay-----Mark Pohlmann, Dave Scheele, Andy Pearson, Jason Pieper

200 Meter Dash-----Benji Schnuelle

**1992**

None

**1991**

None

**1990**

None

**1989**

**Shot Put**----Jarrod Heidemann

**800 Meter Run**----Chris Esau

**Discus**----Jarrod Heidemann

**1988**

**110 High Hurdles**-----Tim Koch

**300 Inter. Hurdles**-----Tim Koch

**3200 Meter Relay**-----Kyle Mullen, Tom Uhlman, Troy Holsing, Chris Esau

**1987**

**Long Jump**----Tim Milius

**Triple Jump**----Tim Milius

**110 High Hurdles**----Scott Shepard

**1986**

**Discus**-----Steve McGinness

**Long Jump**-----Tim Milius

**Triple Jump**-----Tim Milius

**400 Meter Dash**-----Brian Schmidt

**1985**

**100 Meter Dash**-----Brian Schmidt

**Long Jump**-----Tim Adams

**200 Meter Dash**-----Brian Schmidt

**Shot Put**-----Scott Kovar

**400 Meter Dash**-----Brian Schmidt

**1600 Meter Relay**-----Rex Cammack, Dave Hermsmeier, Steve McGinness, Tim Milius

**1984**

**300 Meter Inter. Hurdles**----Mike Cammack

**110 High Hurdles**-----Mike Cammack

**1983**

**High Jump**-----Aaron Freese

**110 High Hurdles**-----Mike Cammack

**1982**

None

**1981**

**400 Meter Dash**-----Brian Weishahn

**Shot Put**-----Matt Stokebrand

**400 Meter Relay**-----Duane Lintz, Roy Schwisow, Mark Paneitz, Rob Robertson

**1600 Meter Relay**-----Brian Weishahn, Roy Schwisow, Mark Paneitz, Rob Robertson

**1980**

**110 High Hurdles**-----Chris Janssen

**300 Low Hurdles**-----Chris Janssen

**400 Meter Relay**-----Duane Lintz, Rick Damkroger, Roy Schwisow, Mike Diggs

**1600 Meter Relay**-----Rick Damkroger, Troy Cammack, Mike Diggs, Chris Janssen

**1979**

**Shot Put**-----John Roesler

**Two Mile Run**-----Kirk Weichel

**120 High Hurdles**-----Chris Janssen

**180 Low Hurdles**-----Chris Janssen

**1978**

Two-Mile Run----Kirk Weichel

**1977**

**Shot Put**-----Gary Vergith

**Long Jump**-----Jay Preston

**100 Yard Dash**-----Gary Vergith

**220 Yard Dash**-----Gary Vergith

**Two Mile Relay**-----Kirk Weichel, Troy Cammack, Brian Scheele, Dean Mammen

**Discus**----Jay Bergmeier

**100 Yard Dash**----Gary Vergith

**220 Yard Dash**----Gary Vergith

1976

1975

None

1974

**Discus**----Jay Bergmeier

1973

None

1972

**Long Jump**-----Ralph Kath

**Shot Put**-----Paul Rehm

**880 Yard Relay**-----Drake, Christ, Rehm, Kath

**Discus**-----Paul Rehm

**100 Yard Dash**-----Ralph Kath

**220 Yard Dash**-----Ralph Kath

1971

**440 Yard Dash**-----Ralph Kath

**880 Yard Relay**-----Baumfalk, Rahe, Kath, Wells

**100 Yard Dash**-----Greg Wells

**220 Yard Dash**-----Greg Wells

**SOUTHERN NEBRASKA CONFERENCE  
BOYS TRACK RECORDS**

<b>SHOT PUT</b>	James Squires	Sandy Creek	55' ½"	1974
<b>DISCUS</b>	Greg Uher	Wilber-Clatonia	175'2 ½"	1996
<b>LONG JUMP</b>	Mike Brower	Fillmore Central	22'8 ¼"	2004
<b>TRIPLE JUMP</b>	Aaron Henrichs	Southern	45'4 ½"	1992
<b>HIGH JUMP</b>	Clint Jones	Sutton	6'7"	1990
<b>POLE VAULT</b>	Tom Hansen	Centennial	14'5"	1988
<b>100 M. DASH</b>	Jeff Sebek	Wilber-Clatonia	10.7	1997
<b>200 M. DASH</b>	Jon Spearman Rusty Cruickshank	Sutton Heartland	22.3	1989 2000
<b>400 M. DASH</b>	John Lange	Hebron	50.0	1984
<b>800 M. RUN</b>	Ethan Luebbe	Centennial	1:57.03	2004
<b>1600 M. RUN</b>	Larry Kassebaum	Hebron	4:25.9	1965
<b>3200 M. RUN</b>	Wes Cammack	Tri County	9:54.7	2003
<b>110 M. HURDLES</b>	Chris Janssen	Tri County	14.3	1980
<b>300 M. HURDLES</b>	Brian Shaw	Sandy Creek	40.0	1995
<b>400 M. RELAY</b>	(Goertzen, Buller, Gloystein, Cruickshank)	Heartland	44.0	1999
<b>1600 M. RELAY</b>	(Goertzen, Janzen, Adams, Kroeker)	Henderson	3:28.2	1982
<b>3200 M. RELAY</b>	(Blanchet, Hoffschneider, Koch, Bluhm)	Centennial	8:09.7	1995

**PAST CHAMPIONS**

1958	Wymore	1967	Hebron	1976	Henderson	1985	Tri County	1994	Centennial
1959	Hebron	1968	Hebron	1977	Hebron	1986	Tri County	1995	Centennial
1960	Hebron	1969	Hebron	1978	Hebron	1987	Sandy Creek	1996	Wilber-Clatonia
1961	Hebron	1970	Hebron	1979	Hebron	1988	Hebron	1997	Henderson
1962	Superior	1971	Hebron	1980	Tri County	1989	Hebron	1998	Henderson
1963	Harvard	1972	Hebron	1981	Tri County	1990	Sutton	1999	Heartland
1964	Hebron	1973	Hebron	1982	Hebron	1991	Centennial	2000	Heartland
1965	Hebron	1974	Hebron	1983	Hebron	1992	Hebron	2001	Heartland
1966	Hebron	1975	Henderson	1984	Henderson	1993	Southern	2002	Heartland
								2003	Tri County
								2004	Centennial

**SOUTHERN NEBRASKA CONFERENCE  
GIRLS TRACK RECORDS**

<b>SHOT PUT</b>	Heather Humphrey	Southern	43'4"	1993
<b>DISCUS</b>	Melanie Uher	Wilber-Clatonia	160'10 ½ "	2003
<b>LONG JUMP</b>	Vicky Johnson	Geneva	18' ½ "	1981
<b>TRIPLE JUMP</b>	Amber Burkland	Sutton	35'6 ¾ "	1997
<b>HIGH JUMP</b>	Tori Holtmeier	Tri County	5'8"	1996
<b>POLE VAULT</b>	Erin Eitzmann	Superior	10'2"	2004
<b>100 M. DASH</b>	Julie Faris	Tecumseh	12.1	1976
<b>200 M. DASH</b>	Vicky Johnson	Geneva	25.5	1983
<b>400 M. DASH</b>	Stella Klassen	Henderson	56.7	1996
<b>800 M. RUN</b>	Val Rempel	Tri County	2:21.2	1996
<b>1600 M. RUN</b>	Val Rempel	Tri County	5:26.2	1996
<b>3200 M. RUN</b>	Amber Fairbanks	Geneva	11:58.2	1996
<b>110 M. HURDLES</b>	Pam Shaw	Sandy Creek	14.8	1998
<b>300 M. HURDLES</b>	Julie Herbeck	Sandy Creek	43.2	1994
<b>400 M. RELAY</b>	(Fleck, Wolfe, Schroeder, Fleck)	Sandy Creek	51.3	1977
<b>1600 M. RELAY</b>	(Schnuelle, Holsing, Rempel, Holtmeier)	Tri County	4:08.3	1994
<b>3200 M. RELAY</b>	(Haecker, Reimer Sellenrick, Rahe)	Tri County	9:46.0	2002

**PAST CHAMPIONS**

1977	Tecumseh	1982	Centennial	1987	Hebron	1992	Tri County	1997	Geneva
1978	Hebron	1983	Geneva	1988	Hebron	1993	Tri County	1998	Geneva
1979	Hebron	1984	Hebron	1989	Hebron	1994	Tri County	1999	Geneva
1980	Hebron	1985	Hebron	1990	Hebron	1995	Tri County	2000	Sutton
1981	Hebron	1986	Hebron	1991	Geneva	1996	Tri County	2001	Fill.Centr.
								2002	Fill.Centr.
								2003	Milford
								2004	Tri County

