

## POST SEASON AWARDS

### All Metro

<b>1997</b>	Wolfe, Dan	200 m dash
<b>1998</b>	Moon, Josh Parrish, Jeremy	
<b>1999</b>	Tower, Ron	Metro Coach of the Year
	Chism, Al	Metro Coach of the Year
	Hahlen, Todd	Metro Coach of the Year
	Ranard, Bret	Metro Coach of the Year
	Broghammer, John	Honorable Mention - 4x400 m relay
	Brown, Nick	2nd Team - 400 m low hurdles Honorable Mention - 4x400 m relay
	Franks, Dave	Honorable Mention - 4x400 m relay
	Graham, Jake	Honorable Mention - Discus
	Johnson, Mitch	1st Team - 200 m dash 1st Team - 4x100 m relay 1st Team - 4x200 m relay
	Myers, Brent	1st Team - 100 m dash 1st Team - 4x100 m relay 1st Team - 4x200 m relay
	Sheldon, Andy	1st Team - Long Jump 1st Team - 4x200 m relay Honorable Mention - 4x400 m relay
	Mitchell, James	1st Team - High Jump
	Tiedtke, Blake	1st Team - 4x100 m relay
	Zach, Francis	1st Team - 4x100 m relay 1st Team - 4x200 m relay
<b>2000</b>	Broghammer, John	2nd Team - 4x400 m relay Honorable Mention - 1600 m medley relay
	Brown, Nick	1st Team - 400 m low hurdles 2nd Team - 4x400 m relay Honorable Mention - 1600 m medley relay
	Crandall, Brian	Honorable Mention - 400 m low hurdles
	Franks, Dave	2nd Team - 4x400 m relay 2nd Team - 400 m dash
	Hobson, Anthony	Honorable Mention - Shot Put
	Lucas, Steve	Honorable Mention - 1600 m run
	Mulligan, Steve	1st Team - 4x100 m relay 2nd Team - 4x200 m relay

	Sheldon, Andy	1st Team - 4x100 m relay 2nd Team - 4x200 m relay 2nd Team - 4x400 m relay Honorable Mention - 1600 m medley relay Honorable Mention - Long Jump
	Tiedtke, Blake	1st Team - 4x100 m relay 1st Team - Long Jump 2nd Team - 4x200 m relay Honorable Mention - 1600 m medley relay
	Zach, Francis	1st Team - 4x100 m relay 2nd Team - 4x200 m relay
<b>2001</b>	Crandall, Brian	1st Team - 4x100 m relay 1st Team - 4x400 m relay 1st Team - 400 m low hurdles
	Knutson, David	2nd Team - Discus
	Lucas, Steve	Honorable Mention -800 m run Honorable Mention -1600 m run
	Mally, Kyle	2nd Team - 4x200 m relay
	Mulligan, Steve	1st Team - 4x100 m relay 1st Team - 4x400 m relay 1st Team - 400 m dash
	Tiedtke, Blake	1st Team - 4x100 m relay 1st Team - 4x400 m relay 2nd Team - 4x200 m relay Honorable Mention - Long Jump
	Wesbrook, Tim	1st Team - 4x400 m relay 2nd Team - 4x200 m relay
	Zach, Francis	1st Team - 4x100 m relay 2nd Team - 4x200 m relay
<b>2002</b>	Tower, Ron	Metro Coach of the Year
	Chism, Al	Metro Coach of the Year
	Ranard, Bret	Metro Coach of the Year
	Womochil, Jim	Metro Coach of the Year
	Aldridge, Blue	1st Team - 4x200 m relay 1st Team - 4x400 m relay 2nd Team - High Jump
	Aossey, David	Honorable Mention - Discus

Crandall, Brian	1st Team - 4x100 m relay 1st Team - 110 m high hurdles 1st Team - 400 m low hurdles
Dollmeyer, Greg	Honorable Mention - High Jump
Evans, Araf	1st Team - 100 m dash 1st Team - 200 m dash 1st Team - 4x100 m relay
Hoxmeier, Justin	1st Team - 4x400 m relay
Knutson, David	Honorable Mention - Discus
Mally, Kyle	1st Team - 4x100 m relay 1st Team - 4x200 m relay Honorable Mention - 100 m dash
Swick, Mike	1st Team - 4x200 m relay 1st Team - 4x400 m relay
Walker, Kyle	1st Team - 4x400 m relay
Yoder, Justin	1st Team - 4x200 m relay
Young, Nick	1st Team - 4x100 m relay

## 2003

Blietz, Justin	Honorable Mention - 4x200 m relay
Evans, Araf	1st Team - 100 m dash 1st Team - 200 m dash Honorable Mention - 4x200 m relay
Foster, Jeff	Honorable Mention - 4x200 m relay
Hoxmeier, Justin	Honorable Mention - 4x100 m relay
Knutson, David	2nd Team - Discus
LeClere, Eric	Honorable Mention - 4x100 m relay
Miller, Devin	2nd Team - 110 High hurdles
Northern, Ashton	Honorable Mention - 4x100 m relay
Tierney, Mike	Honorable Mention - 4x100 m relay Honorable Mention - 4x200 m relay

## 2004

Anderson, Tim	2nd Team - 1600 m run
Gill, Jon	Honorable Mention
Miller, Devin	2nd Team - 110 high hurdles
Slocum, Kristin	Honorable Mention
Sykora, Kirk	2nd Team - 800 m run
Tierney, Mike	2nd Team - 400 m dash
Weekly, Nate	2nd Team - 3200 m run

<b>2005</b>	Anderson, Tim	1st Team - 800 m run 2nd Team - 4x800 m relay
	Bailey, Bryce	2nd Team - 4x800 m relay
	Barnes, Jeremy	1st Team - 4x200 m relay
	Burhite, Josh	Honorable Mention
	Lorenzen, Josh	1st Team - 1600 m medley
	Rash, Eric	Honorable Mention
	Stearns, Jake	1st Team - 4x200 m relay
	Stobb, Bryan	2nd Team - 4x800 m relay
	Tierney, Mike	1st Team - 4x200 m relay 1st Team - 1600 m medley
	Walker, Kyle	1st Team - 4x200 m relay 1st Team - 1600 m medley
	Weekly, Nate	1st Team - 1600 m medley 2nd Team - 4x800 m relay
<b>2006</b>	Miller, Devin	1st Team - 110 high hurdles
	Lewis, Peter	Honorable Mention
	Lorenzen, Josh	Honorable Mention
<b>2007</b>	Harris, Jordan	2nd Team - Long Jump
	Lorenzen, Josh	1st Team - 400 m dash
	Shubatt, RJ	Honorable Mention
	Tierney, Kyle	Honorable Mention
<b>2008</b>	Gerber, Jake	Honorable Mention
	Hoffman, Shay	Honorable Mention
<b>2009</b>	De Hoedt Casey	2nd Team - 4x200 m relay
	Gerber Jacob	2nd Team - 1600 m run
	Hildebrand, Matt	2nd Team - 400 m run
	Hornung Zach	2nd Team - 4x200 m relay
	Swenson Ben	2nd Team - 4x200 m relay
	Vosatka Josh	2nd Team - 4x200 m relay
	Kramer, Cole	Honorable Mention
Ruffridge, Logan	Honorable Mention	
<b>2010</b>	Ruffridge, Logan	1st Team - high jump
	Gerber, Jake	Honorable Mention

<b>2011</b>	Hildebrand, Matt	Honorable Mention - 4x800 m relay
	Jones, Timauntay	1st Team - 800 m run
		Honorable Mention - 4x800 m relay
	Karlan, Nate	1st Team - 100 m dash
	Kelly, Joe	Honorable Mention - 4x800 m relay
	Thullen, Peter	Honorable Mention - 4x800 m relay
<b>2012</b>	Baxter, Alex	1st Team - 4x400 m relay
	Bounds, Savaun	Honorable Mention - 110 m high hurdles
	Deerberg, Ryan	1st Team - 4x400 m relay
		2nd Team - 1600 m medley
	Jones, Timauntay	1st Team - 800 m run
		1st Team - 4x400 m relay
		2nd Team - 1600 m medley
	Karlan, Nate	1st Team - 100 m dash
		2nd Team - 1600 m medley
	Mueller, Taylor	2nd Team - 3200 m run
	Techau, Sam	Honorable Mention - Discus
	Tiedtke, Chance	2nd Team - 1600 m medley
	Vanous, Lucas	Honorable Mention - 400 m hurdles
Wallace, Asim	1st Team - 4x400 m relay	
<b>2013</b>	Bounds, Savaun	Honorable Mention - 110 m high hurdles
	Chittick, Dylan	1st Team - 1600 m medley
	Harbor, Shaquille	Honorable Mention - 100 m dash
	Jones, Timauntay	1st Team - 1600 m medley
		1st Team - 800 m run
	Larson, Dan	1st Team - 1600 m medley
	Selby, Jordan	1st Team - 1600 m medley
	Vanous, Lucas	2nd Team - 400 m hurdles

2014	Beaton, Jacob	1st Team - 4x100 m relay
		1st Team - 4x200 m relay
	Bounds, Savaun	Honorable Mention - Shuttle Hurdle relay
	Chittick, Dylan	1st Team - 4x100 m relay
		1st Team - 4x200 m relay
		1st Team - 4x400 m relay
	Eivins, Jarod	Honorable Mention - Shot Put
	Furnish, Mason	Honorable Mention - Shuttle Hurdle relay
	Karlan, Nate	1st Team - 4x100 m relay
		1st Team - 4x200 m relay
		1st Team - 200 m dash
		2nd Team 100 m dash
	Larson, Dan	1st Team - 4x200 m relay
		1st Team - 4x400 m relay
May, Tavian	1st Team - 4x400 m relay	
Moncivais, Michael	Honorable Mention - Shuttle Hurdle relay	
Soko, Alphonso	1st Team - 4x100 m relay	
	1st Team - 4x400 m relay	
Tomkins, Dakota	Honorable Mention - Shuttle Hurdle relay	