



ARCHIVES

# MINNESOTA STATE HIGH SCHOOL LEAGUE

---

## Boys Cross Country State Meet Team and Individual Champions

### Single Class Team Champions — 1943-1974

YEAR	TEAM	POINTS
<b>Northrop Field, University of Minnesota (1.5 miles)</b>		
1943	Duluth Central	27
<b>Lake Nokomis Park (1.8 miles)</b>		
1944	Minneapolis Roosevelt	52
1945	Duluth Central	46
1946	Minneapolis Southwest	44
1947	Minneapolis Southwest	49
1948	Minneapolis Southwest	41
1949	Duluth Central	39
1950	Minneapolis Southwest	35
1951	Duluth Central	79
1952	Minneapolis Southwest	63
1953	Minneapolis Southwest	85
1954	Minneapolis Southwest	50
1955	St. Louis Park	87
1956	Duluth Central	64
1957	Duluth Central	77
1958	Minneapolis Roosevelt	72
1959	Minneapolis Southwest	37
1960	Hibbing	76
1961	St. Louis Park	63
1962	Minneapolis Southwest	38
1963	Minneapolis Southwest	71
<b>University of Minnesota Golf Course (2 miles)</b>		
1964	Minneapolis Southwest	40
1965	Minneapolis Southwest	55
1966	White Bear Lake	82
1967	Austin	104
1968	Alexander Ramsey	76
<b>University of Minnesota Golf Course (3 miles)</b>		
1969	Minneapolis Southwest	54
1970	Minneapolis Southwest	39
1971	Minneapolis Southwest	42
1972	Minneapolis Southwest	76
1973	Minneapolis Southwest	48
1974	Robbinsdale Armstrong	112

## Class A Team Champions — 1975-2022

YEAR	TEAM	POINTS
<b>University of Minnesota Golf Course (3 miles)</b>		
1975	Glenwood	67
1976	Blue Earth	80
1977	Blue Earth	106
<b>University of Minnesota Golf Course (4,800 meters)</b>		
1978	Rochester Lourdes	93
<b>University of Minnesota Golf Course (5,000 meters)</b>		
1979	Rochester Lourdes	58
1980	Rochester Lourdes	35
1981	Rochester Lourdes	67
1982	Staples	90
1983	Staples	61
1984	Montgomery-Lonsdale	63
1985	Elgin-Milville	78
1986	Elgin-Milville	71
1987	*Montevideo/Maynard	72
1988	Mesabi East	82
1989	Fairmont	99
1990	St. Paul Academy and Summit School	48
<b>Arrowood Golf Course, Alexandria (5,000 meters)</b>		
1991	St. Paul Academy and Summit School	89
<b>St. Olaf College, Northfield (5,000 meters)</b>		
1992	St. Paul Academy and Summit School	89
1993	Mesabi East	82
1994	Sartell	61
1995	*Canby/Minneota/Lincoln HI	87
1996	Staples-Motley	69
1997	Staples-Motley	32
1998	Staples-Motley	27
1999	Staples-Motley	22
2000	Paynesville Area	76
2001	Staples-Motley	68
2002	Staples-Motley	77
2003	Staples-Motley	54
2004	Eveleth-Gilbert	94
2005	St. Cloud Cathedral	75
2006	Perham	71
2007	Perham	88
2008	Blake	121
2009	Plainview-Elgin-Milville	100
2010	Perham	78
2011	St. Cloud Cathedral	72
2012	Perham	37
2013	Perham	52
2014	Mora	104
2015	Mora	43
2016	Mora	93
2017	Perham	118
2018	Perham	64
2019	Perham	75
2020	No Meet: COVID-19 Pandemic	
2021	Nova Classical Academy	122
2022	*Heritage Christian Academy	99

## Class AA Team Champions — 1975-2022

YEAR	TEAM	POINTS
<b>University of Minnesota Golf Course (3 miles)</b>		
1975	Cretin	53
1976	Burnsville	61
1977	Burnsville	73
<b>University of Minnesota Golf Course (4,800 meters)</b>		
1978	Burnsville	52
<b>University of Minnesota Golf Course (5,000 meters)</b>		
1979	Burnsville	70
1980	Minneapolis Southwest	96
1981	Lakeville	113
1982	Winona	117
1983	*Alexander Ramsey/B.F. Kellogg	76
1984	*Esko/Cloquet	87
1985	*Esko/Cloquet	65
1986	Burnsville	49
1987	Winona	39
1988	Minneapolis South	107
1989	Minneapolis South	80
1990	Minneapolis South	71
<b>Arrowood Golf Course, Alexandria (5,000 meters)</b>		
1991	Minneapolis South	29
<b>St. Olaf College, Northfield (5,000 meters)</b>		
1992	Wayzata	56
1993	Wayzata	83
1994	Lakeville	94
1995	Stillwater Area	92
1996	Stillwater Area	57
1997	Stillwater Area	35
1998	Hopkins	99
1999	Hopkins	78
2000	Wayzata	58
2001	Hopkins	71
2002	Hopkins	82
2003	Marshall	78
2004	Marshall	34
2005	Willmar	84
2006	Willmar	41
2007	Wayzata	62
2008	Wayzata	55
2009	Eden Prairie	47
2010	Wayzata	61
2011	Stillwater Area	92
2012	Stillwater Area	46
2013	Wayzata	53
2014	Wayzata	47
2015	Hopkins	34
2016	Wayzata	38
2017	Wayzata	37
2018	Edina	88
2019	Mounds View	86
2020	No Meet: COVID-19 Pandemic	
2021	Big Lake	92
2022	Mankato East	111

**Class AAA Team Champions — 2021-2022**

<b>YEAR</b>	<b>TEAM</b>	<b>POINTS</b>
2021	Wayzata	96
2022	Wayzata	57

## Single Class Individual Champions — 1943-1974

YEAR	INDIVIDUAL, SCHOOL	TIME
<b>Northrop Field, University of Minnesota (1.5 miles)</b>		
1943	Laird Goodman, Duluth Central	7:35
<b>Lake Nokomis Park (1.8 miles)</b>		
1944	Willis Rohwedder, Worthington	9:37.1
1945	Jim Halma, Worthington	10:02.1
1946	Clarence Johnson, Minneapolis Southwest	9:42
1947	Bill Torp, Minneapolis North	10:05.2
1948	Jim Hancock, Minneapolis Southwest	9:01.7
1949	Dennis Hanson, St. James	9:10.7
1950	Bill Phillips, Minneapolis Southwest	9:17.6
1951	Warner Wirta, Embarrass	9:29.8
1952	Saxe Roberts, Minneapolis Roosevelt	9:24.5
1953	Rudy Arechigo, Moorhead	9:09.2
1954	Jim Schlaepfi, St. Paul Central	9:24.3
1955	Wayne Sullwold, Minneapolis Southwest	9:22.7
1956	Wayne Sullwold, Minneapolis Southwest	9:05.5
1957	Ray Miller, Minneapolis Edison	9:10
1958	Claus Schuebel, Duluth East	8:54.9
1959	Bob Newman, Minneapolis Southwest	9:13
1960	Larry Bronson, Hibbing	8:50.4
1961	Larry Bronson, Hibbing	8:53.4
1962	Bob Wiegel, Minneapolis Southwest	8:48.8
1963	Bob Wagner, St. Louis Park	* 8:36
<b>University of Minnesota Golf Course (2 miles)</b>		
1964	Bob Wagner, St. Louis Park	9:29.5
1965	Pat Kelly, St. Paul Monroe	9:39.1
1966	Tom Page, Edina	9:29.8
1967	Ron Watters, White Bear Lake	9:43.0
1968	Garry Bjorklund, Proctor	9:23.9
<b>University of Minnesota Golf Course (3 miles)</b>		
1969	Jim Pelarske, St. Cloud Tech	15:06.6
1970	Dan Lyndgaard, New Richland	15:11.4
1971	Dan Lyndgaard, New Richland	15:34
1972	Tim Harris, Henry Sibley	14:55.4
1973	Dick Nelson, Minneapolis Southwest	* 14:38.8
1974	Dan Hendrickson, Virginia	15:21.4

## Class A Individual Champions — 1975-2022

YEAR	INDIVIDUAL, SCHOOL	TIME
<b>University of Minnesota Golf Course (3 miles)</b>		
1975	Marlin Olson, North Branch	15:28
1976	Mark Zinnel, Slayton	15:31
1977	Mark Zinnel, Slayton	15:11.6
<b>University of Minnesota Golf Course (4,800 meters)</b>		
1978	John Keohen, Montgomery-Lonsdale	15:09
<b>University of Minnesota Golf Course (5,000 meters)</b>		
1979	John Perleberg, Pierz	15:49.9
1980	John Gathje, Rochester Lourdes	15:45.7
1981	Mike Danielson, Stewartville	15:49.6
1982	Jeff Schmidt, Redwood Falls	15:57.5
1983	Randy Reichel, Staples	15:47.8
1984	Marty Urick, Aurora-Hoyt Lakes	16:02.0
1985	Doug Hanson, Kenyon	16:05.6

1986	Kris Jungels, Onamia-Crosier	15:55.7
1987	Donovan Bergstrom, Elgin-Millville	15:49.9
1988	Collin Beachy, Staples-Motley	17:15.9
1989	Jim Kappel, Holy Trinity	16:12.6
1990	Chago Navarro, Rochester Lourdes	16:05.2
<b>Arrowood Golf Course, Alexandria (5,000 meters)</b>		
1991	Josh Brown, St. Cloud Cathedral	15:41.3
<b>St. Olaf College, Northfield (5,000 meters)</b>		
1992	Andy Cowgill, St. Paul Academy and Summit School	16:24.1
1993	Andy Tate, Morris Area	16:29.3
1994	Andy Tate, Morris Area	15:59.1
1995	Brian Liebfried, *Canby/Minneota/Lincoln HI	16:01.9
1996	Russ Branden, *Bagley/Fosston	16:17.3
1997	Derrick Mattila, Staples-Motley	16:22.1
1998	Jeff Brever, Staples-Motley	16:02
1999	Jeff Brever, Staples-Motley	15:42.1
2000	Greg Liebl, Montevideo	16:04.0
2001	Will Enns, Long Prairie-Grey Eagle	16:05.9
2002	Pat Lehmann, Plainview	16:21.2
2003	Matt Damico, East Grand Forks	15:41.5
2004	Mike Torchia, Rochester Lourdes	16:09.2
2005	Mike Torchia, Rochester Lourdes	15:28.8
2006	Kevin Lachowitz, Perham	15:54.9
2007	Don Wasinger, Cotter	15:52.9
2008	Moses Heppner, Warroad	16:08.2
2009	Mubarik Musa, Worthington	16:01.8
2010	Mason Ferlic, Mounds Park Academy	15:47.6
2011	Bryon Schuldt, Nevis	15:55.3
2012	Matt Welch, Proctor	15:34.0
2013	Keeghan Hurley, Perham	15:36.7
2014	Shane Streich, Waseca	15:46.4
2015	Zack Emery, LaCrescent	16:07.8
2016	Declan Dahlberg, Mounds Park Academy	15:56.9
2017	Matt Steiger, LaCrescent	15:44.73
2018	Geno Uhrbom, *Greenway/Nashwauk-Keewatin	15:38.0
2019	Geno Uhrbom, *Greenway/Nashwauk-Keewatin	* # 15:27.6
2020	No Meet: COVID-19 Pandemic	
2021	Jakob McCleary, Perham	16:09.64
2022	Brandon Kampsen, Sauk Centre	15:49.5

\* Class A Course Record

# Class A Record for 5,000 Meters

## Class AA Individual Champions — 1975-2022

YEAR	INDIVIDUAL	TIME
<b>University of Minnesota Golf Course (3 miles)</b>		
1975	Mark Nenow, Anoka	15:10
1976	Donald Hurley, Cretin	15:15.9
1977	Donald Hurley, Cretin	* 15:00.8
<b>University of Minnesota Golf Course (4,800 meters)</b>		
1978	Dan Roach, Minneapolis Southwest	15:06.4
<b>University of Minnesota Golf Course (5,000 meters)</b>		
1979	Dan Roach, Minneapolis Southwest	15:39.1
1980	Pete Wareham, Minneapolis Southwest	15:33
1981	Jay Wallace, Burnsville	15:37.0
1982	Paul Gisselquist, Richfield	15:34.1
1983	John Wodny, *Esko/Cloquet	15:23.3

1984	John Wodny, *Esko/Cloquet	15:54.0
1985	John Long, Totino-Grace	#15:18.8
1986	Tim Langen, St. Cloud Tech	16:03.3
1987	Craig Greenslit, Hastings	+16:03.1
1988	Eric Bartels, Roseville	17:12.8
1989	Kurt Runzheimer, Wayzata	16:07.2
1990	Torry Kraftson, Hastings	16:23.9
<b>Arrowood Golf Course, Alexandria (5,000 meters)</b>		
1991	Jason Boon, Park	15:51.2
<b>St. Olaf College, Northfield (5,000 meters)</b>		
1992	Dan Virnig, Minneapolis South	16:27.8
1993	Adam Stuhlfaut, Wayzata	16:15.1
1994	Steve Leuer, Osseo	15:33.8
1995	Steve Leuer, Osseo	15:45.2
1996	Nick Matak, Duluth East	15:35
1997	Luke Watson, Stillwater	15:52.0
1998	Neil Hanson, Fairmont	15:33.0
1999	Nick Schneider, Benilde-St. Margaret's	15:30.9
2000	Nick Schneider, Benilde-St. Margaret's	15:49.2
2001	Tom Schmidt, Faribault	15:28.8
2002	Garrett Heath, Winona	15:50.9
2003	Garrett Heath, Winona	15:11.4
2004	Yahya Iman, Marshall	15:39.9
2005	Elliot Heath, Winona	15:35.2
2006	Hassan Mead, Minneapolis South	# 15:10.7
2007	Rob Finnerty, Burnsville	15:28.8
2008	Lukas Gemar, Moorhead	15:32.1
2009	Aaron Bartnik, Eden Prairie	15:55.1
2010	Adam Zutz, St. Francis	15:33.4
2011	Josh Thorson, Wayzata	15:29.9
2012	Wayde Hall, Stillwater Area	15:21.0
2013	Obsa Ali, Richfield	15:15.2
2014	Connor Olson, Wayzata	15:17.1
2015	Jaret Carpenter, Wayzata	15:26.5
2016	Patrick Roos, Edina	15:36.4
2017	Khalid Hussein, Wayzata	15:22.54
2018	Acer Iverson, Roseville Area	15:14.8
2019	Oliver Paleen, St. Paul Highland Park	15:25.2
2020	No Meet: COVID-19 Pandemic	
2021	Alden Keller, Breck School	15:53.27
2022	Emmett Gerres, Belle Plaine	15:13.7

# State Record for 5,000 Meters & Class AA Course Record

## Class AAA Individual Champions — 2021-2022

YEAR	INDIVIDUAL	TIME
<b>St. Olaf College, Northfield (5,000 meters)</b>		
2021	Nick Gilles, Minnetonka	15:22.81
2022	Aidan Jones, Minneapolis Washburn	* # 15:11.8

\* Class AAA Course Record

# Class AAA Record for 5,000 Meters