

1995 Boys Track Class A State Championships						
Class A Team Scores						
Kearney	92		Grand Island	26		Omaha South
Lincoln High	38		Fremont	22		South Sioux City
Lincoln Southeast	38		Lincoln Northeast	17		Creighton Prep
Scottsbluff	38		Omaha Benson	17		Gering
Omaha Burke	311		Columbus	16		Ralston
Omaha Central	30		Papillion-LaVista	14		Hastings
Millard North	29		Lincoln Pius X	13		Lincoln East
Norfolk	29		Omaha Bryan	12		
Millard South	27		Omaha Northwest	12		
Class A Individual Medalists						
100 Meter Dash		200 Meter Dash				
1 Ahman Green	Omaha Central	10.61	1 Ahman Green	Omaha Central	21.91	
2 Vashon Sandifer	Lincoln High	10.78	2 Vashon Sandifer	Lincoln High	22.13	
3 Jeff Killeen	Millard South	10.95	3 Jeff Killeen	Millard South	22.15	
4 Marcus Crawford	Omaha Northwest	10.99	4 Marcus Crawford	Omaha Northwest	22.29	
5 Doug Ourada	Kearney	11.01	5 Mike Nesbitt	Millard North	22.60	
6 David Poparad	Kearney	11.04	6 Doug Ourada	Kearney	22.68	
400 Meter Dash		800 Meter Run				
1 Mike Nesbitt	Millard North	49.78	1 Cortney Lamb	Lincoln Southeast	1:54.73	
2 Chad Davis	Lincoln Northeast	49.91	2 Jeff Ganz	Kearney	1:55.18	
3 David Sempek	Omaha Bryan	50.03	3 David Sempek	Omaha Bryan	1:56.47	
4 Wes Caruso	Grand Island	50.19	4 Scott Schaefer	Millard North	1:56.82	
5 Brady Wimer	Fremont	50.88	5 Darren Ivy	Columbus	1:57.32	
6 Justin Klein	Hastings	51.06	6 Matt Tippery	Omaha Burke	1:57.91	
1600 Meter Run		3200 Meter Run				
1 Cortney Lamb	Lincoln Southeast	4:20.31	1 Cortney Lamb	Lincoln Southeast	9:20.06	
2 Jeff Ganz	Kearney	4:23.45	2 AJ Hahn	Lincoln Northeast	9:25.18	
3 Neil Gipson	Norfolk	4:23.94	3 Chad Grosse	Omaha Burke	9:28.49	
4 Chad Grosse	Omaha Burke	4:24.34	4 Marcus Witter	Kearney	9:32.19	
5 Casey Lindsey	Millard North	4:24.90	5 Parker Thornburg	Fremont	9:42.31	
6 Jeremy Hayden	Millard South	4:25.10	6 Chad Epperson	Lincoln Northeast	9:44.58	
110 Meter High Hurdles			300 Meter Intermediate Hurdles			
1 Chad Hohnstein	Scottsbluff	14.53	1 Brock Beran	Millard South	39.09	
2 Nate Sullivan	Omaha South	14.75	2 Aaron Ballou	Kearney	39.66	
3 Eric Bredenkamp	Kearney	15.00	3 Chad Hohnstein	Scottsbluff	39.68	
4 Jason Schmitz	Omaha Burke	15.01	4 Jeremy McFarland	Grand Island	40.26	
5 Aaron Ballou	Kearney	15.22	5 Nate Penny	Omaha Burke	40.27	
6 Joe Jones	Omaha Benson	15.40	6 Jade Custer	Fremont	40.77	
Long Jump		High Jump				
1 Greg Styles	Lincoln High	23-02	1 Bryan Schwartz	Lincoln Pius X	6-11.5	
2 Michael Hart	Omaha Benson	23-01	2 Jeff Waller	Columbus	6-08	
3 Zannie Adams	Omaha Benson	22-06.25	3 Eddie Lund	Omaha Burke	6-06	
4 John Gibson	Papillion-LaVista	22-05.75	4 Jeremy Lawrence	Grand Island	6-06	
5 Demetrik Menyweather	Norfolk	22-03.75	5 Brett Kahler	Ralston	6-05	
6 Eric Bredenkamp	Kearney	22-03	6 Eric Bredenkamp	Kearney	6-04	
Shot Put		Discus				
1 Justin Steinhauser	Kearney	58-00.25	1 Tyson Bertrand	Kearney	176-08	
2 Adam Julch	Omaha Burke	57-09.5	2 Dan Marshall	Scottsbluff	167-06	
3 Jack Melson	Grand Island	57-09	3 Matt Skiff	Norfolk	166-03	
4 Tim Ridder	Creighton Prep	57-05	4 Zach Yount	Fremont	162-03	
5 Tyson Bertrand	Kearney	55-10.25	5 Kully Thatcher	Kearney	157-05	
6 Nick Prescott	Millard North	55-03.25	6 Ryan Dodge	Fremont	154-06	
Triple Jump		Pole Vault				
1 John Gibson	Papillion-LaVista	48-08.5	1 Scott Nachtigal	Kearney	14-08	
2 Curtis Miller	Norfolk	45-10.25	2 James Wasson	Lincoln Southeast	14-04	

3 Greg Styles	Lincoln High	45-02.5		3 tie	Nick Ranslem	Fremont	13-06
4 Chad Nelson	Norfolk	44-07.25			Mike Lewis	Fremont	13-06
5 Matt McKay	Gering	44-00.25			Dan Ringlein	Millard South	13-06
6 Chris Payne	Ralston	44-00.25		6	Corbin Popp	Lincoln East	13-06
400 Meter Relay				1600 Meter Relay			
1 Omaha Central	42.98			1	Scottsbluff	3:21.67	
2 Grand Island	43.41			2	Kearney	3:22.81	
3 Lincoln High	43.58			3	South Sioux City	3:23.67	
4 Omaha Northwest	43.62			4	Fremont	3:24.36	
5 Omaha Benson	43.92			5	Lincoln Pius X	3:24.37	
6 Gering	44.07			6	Norfolk	3:24.75	
3200 Meter Relay							
1 Millard North	7:56.98						
2 Kearney	7:57.66						
3 Columbus	8:00.26						
4 Scottsbluff	8:05.86						
5 Norfolk	8:07.55						
6 Lincoln Pius X	8:08.16						