

1993 Boys Track Class A State Championships

Class A Team Scores

Millard South	59	Bellevue East	19	Omaha Westside	6
Kearney	52	Omaha Bryan	18	Lincoln Pius X	6
Omaha Benson	46	Lincoln East	18	Ralston	5
Lincoln Southeast	45	Norfolk	12	Lincoln Northeast	4
Fremont	41	North Platte	12	Omaha Northwest	2
Omaha North	40	Lincoln High	12	Bellevue West	2
Gering	35	Alliance	11	Papillion-LaVista	2
Millard North	33	Scottsbluff	11	Creighton Prep	1
Omaha Burke	27	Grand Island	8		

Class A Individual Medalists

100 Meter Dash

1 Ronnie Doss	Omaha Benson	10.61
2 Mark Rollins	Omaha Benson	10.85
3 Scooter Huber	Omaha Westside	10.88
4 Brett Beran	Millard South	10.94
5 Steve Raymond	Gering	10.98
6 Tyrone Lee	Omaha Burke	11.01

200 Meter Dash

1 Ronnie Doss	Omaha Benson	21.81
2 Lionel McPhaull	Omaha North	22.60
3 Brett Beran	Millard South	22.77
4 Jeff Cizek	Millard North	22.89
5 Ben Grojean	Millard North	23.13
6 Steve Raymond	Gering	23.21

400 Meter Dash

1 Lionel McPhaull	Omaha North	48.18
2 Ben Grojean	Millard North	49.23
3 Jason Yoo	Omaha Burke	49.49
4 Vince Pina	Gering	49.99
5 Tim Briscoe	Bellevue West	50.08
6 Chad Thompson	Alliance	50.09

800 Meter Run

1 Alex Lamme	Fremont	1:54.12
2 Ron Jones	Omaha Bryan	1:56.32
3 Nathan Dills	Lincoln High	1:56.68
4 Jeff Ganz	Kearney	1:56.70
5 Zac Roberts	Lincoln Northeast	1:58.57
6 Brian Augustine	Millard North	1:58.66

1600 Meter Run

1 Mike Caine	Bellevue East	4:18.08
2 Alex Lamme	Fremont	4:20.35
3 Banti Iteffa	Lincoln Southeast	4:23.99
4 Andrew Marx	Lincoln Southeast	4:24.01
5 George Sefzik	Millard South	4:26.14
6 Jeff Ganz	Kearney	4:26.41

3200 Meter Run

1 Banti Iteffa	Lincoln Southeast	9:24.98
2 Mike Caine	Bellevue East	9:34.64
3 George Sefzik	Millard South	9:42.24
4 Andrew Marx	Lincoln Southeast	9:46.39
5 Doug Wilch	Papillion-LaVista	9:48.18
6 Aaron Salomon	Scottsbluff	9:48.30

110 Meter High Hurdles

1 Dadny Marousek	Millard South	14.57
2 Bryce Helms	Grand Island	14.84
3 Willis Scofield	Lincoln Southeast	14.92
4 Jeremy Wilhelm	Gering	15.03
5 Ben Thorpe	Omaha Burke	15.05
6 Casey Sherlock	Alliance	15.18

300 Meter Intermediate Hurdles

1 Danny Marousek	Millard South	39.02
2 Jeremy Wilhelm	Gering	39.86
3 Tye Hohnstein	Scottsbluff	40.01
4 Scott Athy	Fremont	40.50
5 Jason Yoo	Omaha Burke	40.86
6 Casey Sherlock	Alliance	40.91

Long Jump

1 Ronnie Doss	Omaha Benson	23-08.5
2 Marvin Starks	Omaha North	22-11.5
3 Jeff Cizek	Millard North	22-03.5
4 Ty Goode	Lincoln Southeast	21-08.25
5 Eric Perez	North Platte	21-06.75
6 David Rivers	Bellevue East	21-05.25

High Jump

1 Eddy Harvey	North Platte	6-08
2 Kevin Koster	Kearney	6-08
3 Brian Schwartz	Lincoln Pius X	6-06
4 Brian Augustine	Millard North	6-06
5 Jason McDermott	Fremont	6-06
6 Steve Craig	Ralston	6-04

Shot Put

1 Eric Anderson	Lincoln Southeast	57-02
2 Chris Osentowski	Lincoln East	55-05.75
3 Jason Christo	Kearney	54-09.5
4 Erik Wilcoxson	Fremont	54-00.75
5 Brad Schepers	Kearney	53-06.75
6 Byron Korth	Norfolk	53-04.75

Discus

1 Scott McPherrin	Lincoln East	198-09
2 Brad Schepers	Kearney	187-10
3 Rod Titman	Norfolk	174-04
4 Ben Galyardt	Ralston	165-09
5 Ryan Paul	Kearney	163-09
6 Tyson Bertrand	Kearney	160-10

Triple Jump

1 Rashaad Clark	Kearney	45-11.75
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Pole Vault

1 Tom Richmond	Kearney	14-00
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2 Matt Johnson	Gering	45-02.25		2 Trent Wimmer	Gering	13-08
3 Jeff Cizek	Millard North	45-00.25		3 Traten Sherry	Omaha Burke	13-08
4 Ben Thorpe	Omaha Burke	44-0		4 Kirk Pebley	Fremont	13-08
5 Kyle Haase	Norfolk	43-11.25		5 Joe Brus	Norfolk	13-08
6 Curtis Miller	Norfolk	43-06		6 James Wasson	Lincoln Southeast	13-04
400 Meter Relay				1600 Meter Relay		
1 Omaha North	41.99			1 Millard South	3:23.17	
2 Omaha Benson	42.37			2 Alliance	3:23.30	
3 Omaha Burke	42.78			3 Omaha Bryan	3:24.36	
4 Scottsbluff	42.90			4 Omaha North	3:25.58	
5 Millard North	43.01			5 Omaha Northwest	3:25.59	
6 Millard South	43.03			6 Fremont	3:27.36	
3200 Meter Relay						
1 Millard South	7:54.39					
2 Fremont	7:58.48					
3 Lincoln High	8:01.09					
4 Omaha Bryan	8:01.13					
5 Lincoln Northeast	8:03.34					
6 Creighton Prep	8:04.30					