

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 McPhaul	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 McPhaul	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 McPherran	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
---	---------------	---------	----------

Pole Vault

1	Tom Richmond	Kearney	14-00
---	--------------	---------	-------

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 Northest	8:03.34						
6	Creighton Prep	8:04.30						