

National Champions:

1977

Dale Kramer (5,000m)

1978

Dale Kramer (5,000m)

All American:

1969

Mike Steiner (mile)

1970

Doug Chase (mile)

1976

Dale Kramer (5,000m)

1977

Dale Kramer (5,000m)

Roger Johnson (10,000m)

S. Reynolds (10,000m)

1978

Dale Kramer (5,000m)

1980

Bob Pappas (10,000m)

1981

Gene Dimagno (1,500m)

1984

Rick Bollin (decathlon)

1985

Andre Beaudoin, Loren Henning, Mark Winston, John Winter (400m relay)

Rick Bollin (decathlon)

1986

Rick Bollin (decathlon)

Jeff Brown (pole vault)

Dan Casper (1,500m)

Jeff Brown (decathlon)

Dan Casper (1,500m)

Mac Test (LJ)

1988

Dan Casper (800m, 1,500m)

Jeffrey Brown (decathlon)

Mac Test (HJ, LJ)

1989

James Schuldt (hammer)

Peder Knutsen (discus)

Daniel Casper (1,500m, 800m)

Stephen Burch (decathlon)

1990

Jim Schuldt (hammer)

Steve Burch(decathlon)

1991

Paul Blomgren

Gerard Cote

Jeffrey Scherer

Adam Henry

James Schuldt

1992

Dave Boardman

Gerard Cote

Adam Henry

Jeffrey Scherer

Paul Blomgren

Will Kemper

1994

Jon Bougie (10,000m, 5,000m)

Dan Virnig (1,500m, 800m)

1995

Dan Virnig (1,500m)

1996

Dan Virnig

1997

Grove, Imle, Jones, Dan Virnig (4 x 400m relay)

2003

Dan Bucy (6th-3,000m steeplechase)

2004

Dan Bucy (honorable mention, 12th-3,000m steeplechase)

2007

Tom Ballinger (6th- 400 hurdles)

All Conference:

1984

Loren Henning (100m)

Winter, Loren Henning, Rick Bollin, Mark Winston (400m relay)

1985

Loren Henning (55m,300m)

Andre Beaudoin (100m)

Mark Winston (200m)

Rick Bollin (110m HH, decathlon)

Winter, Loren Henning, Mark Winston, Andre Beaudoin, Smoller (400m relay)

Jeff Brown (decathlon)

Tom Schaible (hammer)

1986

Rick Bollin (decathlon)

Jeff Brown (decathlon, pole vault)

Rick Bollin (100m HH)

Mac Test (HJ, LJ)

Mark Winston (100m, 200m)

Dan Casper (1,500m)

John Dichtl (800m)

1987

R. Smoller (400m)

Jeff Brown (pole vault)

Paul Thom (decathlon, LJ)

Scott Bunnell (shot put)

Dan Casper (1,500m, 800m)

1988

Jeff Brown (pole vault)

Steve Burch (decathlon)

Dan Casper (800m, 1,500m)

John Ostergren (pole vault)

1989

Steve Burch (decathlon)

Dan Casper (800m, 1,500m)

Peder Knutsen (discus)

Bill McConagha (400m hurdle)
Mike McLaughlin (steeplechase)
Jim Schuldt (hammer)
Robert Tichy (400m)

1990

Liem Le (LJ)
Jim Schuldt (hammer)
Mike McLaughlin (steeplechase)
Jay Feldman (200m)
Jeff Scherer (100m, 200m)
Paul Blomgren (100m)
Field-Ridley, Jay Feldman, Paul Blomgren, Jeff Scherer (400m relay)
Steve Burch (decathlon)

1991

Matt Hausman (javelin)
Will Kemper (steeplechase)
James Schuldt (hammer)
Jeffrey Scherer (100m, 200m)
Paul Blomgren (400m, 200m)

1992

Paul Blomgren
David Boardman
Gerard Cote
Adam Henry
Will Kemper
Jeffery Scherer

1993

Eric Klein (hammer, shot put)
Will Kemper (steeplechase)
Mark Flaherty (1,500m)
Philip Dunn (1,500m)
Neil Volker (shot put)
Sean Anderson (hammer)

1994

Dan Virnig (1,500m, 800m)
Kevin Theissen
Sean Anderson
Josh Augst
Nate Chiappa
Gerard Cote
Rob Early

Peter Imle
Aaron Koski
Jake Nelsen
Joel Wegner

1995

Jon Bougie (5,000m, 800m)
Nate Chiappa (LJ)
Kevin Theissen (5,000m)
Dan Virnig (1,500m, 800m)

1996

Nate Chiappa (LJ)
Zach Jones (200m dash, 400m dash)
Kevin Theissen (5,000m)
Dan Virnig (1,500m)
Nate Chiappa, Zach Jones, Imle, Cutler (4 x 100m relay)

1997

Aaron Golden (LJ)
Eric Jenson (shot put)
Zach Jones (400m, 200m)
Dan Virnig (1,500m, 800m)
Nate Chiappa, Zach Jones, Grove, Aaron Golden (4 x 800m relay)
Imle, Dan Virnig, Grove, Zach Jones (4 x 400m relay)

1998

Bill Martin, Dan Schofer, Alex Schutz, Andrew Sherman (3,200m relay)
Kris Osthus (discus)
Tom Bauer
Kurt Fitterer
Zach Handler
Zach Jones
Chuck VanNostrand

1999

Aaron Golden (LJ)
Chuck VanNostrand (hammer)

2000

Paul Anderson (5,000m)
Andrew Sherman, Paul Anderson, Carl Tape, Graham Zorn (4 x 800m relay)

2001

Jimmy Blair, Bryan Donald, Carl Tape, Graham Zorn (3,200m relay)
Andy Sherman (5,000m)

2002

Bryan Donald (1,500m)

Matt Hooley (5,000m)

Jimmy Blair, Andy Flowers, Aaron Lande, Matt Weissenborn (4 x 800m relay)

2003

Matt Hooley (1st-5,000m, 1st-10,000m)

Dan Bucy (1st-3,000m steeplechase)

Bryan Donald (2nd-1,500m)

2004

Dan Bucy (1st-3,000m steeplechase, 2nd-10,000m)

Matt Hooley (1st-1,500m, 1st-5,000m, 1st-10,000m)

Chris Lundberg (3rd-10,000m)

Phil Schrader (3rd-3,000m steeplechase)

Adam Williamson (3rd-1500m)

2005

Dan Bucy (1st-10,000m, 1st-3000m steeplechase)

Tim Blaha (2nd-Javelin)

2006

Steve Harris (2nd-5000m, 2nd-10,000m)

Quentin Kennedy (2nd-3000m steeplechase)

Tom Ballinger (3rd-400m hurdles, 3rd-400m)

Tim Blaha (2nd-javelin)

Leslie Cofie, Nice Cesarek, Kane Bechstein, Jason Tjosvold (3rd-4x100m relay)

2007

Tom Ballinger (2nd-400m hurdles)

Academic All American:

1995

Jon Bougie

Additional Awards:

1926

Midwest Conference Champions

1927

Midwest Conference Champions

1930

Midwest Conference Champions

1934
Midwest Conference Champions

1953
Midwest Conference Champions

1955
Midwest Conference Champions

1967
Midwest Conference Champions

1969
Midwest Conference Champions

1980
MWC 5000m record: Doug Simpson (14:42.44)

1982
Midwest Conference Champions

1999
Mel Taube Award: Aaron Golden

2001
Rhodes Scholar: Carl Tape

2002
MIAC Athlete of the Week: Matt Hooley

2003
MIAC Athletes of the Week: Matt Hooley, Dan Bucy, Bryan Donald
Verizon Academic All-District 1st team: Matt Hooley
NCAA Silver Anniversary Award: Dale Kramer '78

2004
MIAC Outstanding Track Athlete Award: Matt Hooley
MIAC Track Athletes of the Week: Dan Bucy, Matt Hooley
MIAC Field Athlete of The Week: Andy French

2005
MIAC Outstanding Track Athlete: Dan Bucy

Team Awards:

1959

Millen Award: John Hamilton

1960

Millen Award: John Hamilton

1962

Millen Award: Charles Jennings

1963

Millen Award: William Jennings

1964

Millen Award: John Thiel

1965

Millen Award: Charles Brook

1966

Millen Award: William Pugh

1967

Millen Award: Robert Aby

1968

Millen Award: Rick Levinson

1969

Millen Award: Dave Macaulay

1970

Millen Award: Len Crowley

1971

Millen Award: Douglas Chase

1972

Millen Award: Kazu Nishiyama

1973

Millen Award: Rick Fiore

1974

Millen Award: Dave Jones

1975

Millen Award: Mike Hartung

1976

Millen Award: Randy Ohman

1977

Millen Award: Reggie Robinson

1978

Millen Award: Dale Kramer

1979

Millen Award: Mark St. Aoro

1980

Millen Award: Jeff Applequist

1981

Millen Award: Dave Waltz

1982

Millen Award: Todd Schafer

1983

Millen Award: Scott Ritger

1984

Millen Award: Rick Bollin

1985

Millen Award: Loren Henning

1986

Millen Award: Rick Bollin, Mark Winston

1987

Millen Award: John Dichtl

1988

Millen Award: Jeff Brown, Mac Test

1989

Millen Award: Dan Casper

Kelly Award: William McConagha

1990

Millen Award: Jay Feldman, Robert Tichy

Kelly Award: Ben Casper

1991

Kelly Award: Paul Blomgren

1992

Millen Award: Jeff Scherer, Paul Blomgren

Kelly Award: Gerard Cote

1993

Millen Award: Eric Klein

Kelly Award: Tony Moore

1994

Millen Award: Mark Flaherty

Kelly Award: Josh Augst

1995

Millen Award: Carl Mueller

Kelly Award: Peter Imle

1996

Millen Award: Kevin Theissen

Kelly Award: Zach Jones

1998

Millen Award: Zach Jones

Kelly Award: Aaron Golden

1999

Millen Award: Aaron Golden

2006

ESPN The Magazine Academic All-District 2nd Team: Steve Harris