

1995 Boys Track Class A State Championships

Class A Team Scores

Kearney	92	Grand Island	26	Omaha South	8
Lincoln High	38	Fremont	22	South Sioux City	6
Lincoln Southeast	38	Lincoln Northeast	17	Creighton Prep	4
Scottsbluff	38	Omaha Benson	17	Gering	3
Omaha Burke	311	Columbus	16	Ralston	3
Omaha Central	30	Papillion-LaVista	14	Hastings	1
Millard North	29	Lincoln Pius X	13	Lincoln East	1
Norfolk	29	Omaha Bryan	12		
Millard South	27	Omaha Northwest	12		

Class A Individual Medalists

100 Meter Dash

1 Ahman Green	Omaha Central	10.61
2 Vashon Sandifer	Lincoln High	10.78
3 Jeff Killeen	Millard South	10.95
4 Marcus Crawford	Omaha Northwest	10.99
5 Doug Ourada	Kearney	11.01
6 David Poparad	Kearney	11.04

200 Meter Dash

1 Ahman Green	Omaha Central	21.91
2 Vashon Sandifer	Lincoln High	22.13
3 Jeff Killeen	Millard South	22.15
4 Marcus Crawford	Omaha Northwest	22.29
5 Mike Nesbitt	Millard North	22.60
6 Doug Ourada	Kearney	22.68

400 Meter Dash

1 Mike Nesbitt	Millard North	49.78
2 Chad Davis	Lincoln Northeast	49.91
3 David Sempek	Omaha Bryan	50.03
4 Wes Caruso	Grand Island	50.19
5 Brady Wimer	Fremont	50.88
6 Justin Klein	Hastings	51.06

800 Meter Run

1 Cortney Lamb	Lincoln Southeast	1:54.73
2 Jeff Ganz	Kearney	1:55.18
3 David Sempek	Omaha Bryan	1:56.47
4 Scott Schaefer	Millard North	1:56.82
5 Darren Ivy	Columbus	1:57.32
6 Matt Tippery	Omaha Burke	1:57.91

1600 Meter Run

1 Cortney Lamb	Lincoln Southeast	4:20.31
2 Jeff Ganz	Kearney	4:23.45
3 Neil Gipson	Norfolk	4:23.94
4 Chad Grosse	Omaha Burke	4:24.34
5 Casey Lindsey	Millard North	4:24.90
6 Jeremy Hayden	Millard South	4:25.10

3200 Meter Run

1 Cortney Lamb	Lincoln Southeast	9:20.06
2 AJ Hahn	Lincoln Northeast	9:25.18
3 Chad Grosse	Omaha Burke	9:28.49
4 Marcus Witter	Kearney	9:32.19
5 Parker Thornburg	Fremont	9:42.31
6 Chad Epperson	Lincoln Northeast	9:44.58

110 Meter High Hurdles

1 Chad Hohnstein	Scottsbluff	14.53
2 Nate Sullivan	Omaha South	14.75
3 Eric Bredekamp	Kearney	15.00
4 Jason Schmitz	Omaha Burke	15.01
5 Aaron Ballou	Kearney	15.22
6 Joe Jones	Omaha Benson	15.40

300 Meter Intermediate Hurdles

1 Brock Beran	Millard South	39.09
2 Aaron Ballou	Kearney	39.66
3 Chad Hohnstein	Scottsbluff	39.68
4 Jeremy McFarland	Grand Island	40.26
5 Nate Penny	Omaha Burke	40.27
6 Jade Custer	Fremont	40.77

Long Jump

1 Greg Styles	Lincoln High	23-02
2 Michael Hart	Omaha Benson	23-01
3 Zannie Adams	Omaha Benson	22-06.25
4 John Gibson	Papillion-LaVista	22-05.75
5 Demetrik Menyweather	Norfolk	22-03.75
6 Eric Bredekamp	Kearney	22-03

High Jump

1 Bryan Schwartz	Lincoln Pius X	6-11.5
2 Jeff Waller	Columbus	6-08
3 Eddie Lund	Omaha Burke	6-06
4 Jeremy Lawrence	Grand Island	6-06
5 Brett Kahler	Ralston	6-05
6 Eric Bredekamp	Kearney	6-04

Shot Put

1 Justin Steinhauser	Kearney	58-00.25
2 Adam Julch	Omaha Burke	57-09.5
3 Jack Melson	Grand Island	57-09
4 Tim Ridder	Creighton Prep	57-05
5 Tyson Bertrand	Kearney	55-10.25
6 Nick Prescott	Millard North	55-03.25

Discus

1 Tyson Bertrand	Kearney	176-08
2 Dan Marshall	Scottsbluff	167-06
3 Matt Skiff	Norfolk	166-03
4 Zach Yount	Fremont	162-03
5 Kully Thatcher	Kearney	157-05
6 Ryan Dodge	Fremont	154-06

Triple Jump

1 John Gibson	Papillion-LaVista	48-08.5
2 Curtis Miller	Norfolk	45-10.25

Pole Vault

1 Scott Nachtigal	Kearney	14-08
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						