

Year 100 Meter Dash

2013	Karter Gorney	Minot	11.03
2012	Brett Braunagel	Dickinson	10.86
2011	John Welk	St. Mary's	10.74
2010	John Welk	St. Mary's	10.72
2009	Donte Smart	Minot	11.01
2008	Jason Duchscherer	Bismarck	10.79
2007	Jason Duchscherer	Bismarck	11.07
2006	Weston Leutz	Century	10.8
2005	Spencer Wagner	Century	10.75
2004	Weston Dressler	Bismarck	10.62
2003	Ryan Miller	Bismarck	11
2002	Thomas Jones	Minot	10.67
2001	Casey Carlson	Dickinson	11.58
2000	Jason Kukla	Dickinson	10.66
1999	Ryan Schafer	Bismarck	10.67
1998	Andy Severin	Bismarck	10.94
1997	Jason Moore	Dickinson	10.94
1996	Reed Dietrich	Century	11.19
1995	Luke Schafer	St. Mary's	11.31
1994	Jason Breitzman	Bismarck	10.88
1993	Joe Koch	Mandan	10.85
1992	Bob Klooster	St. Mary's	10.91
1991	John Fults	Minot	10.91
1990	Kyle Carlson	Dickinson	10.68
1989	Russ Wescott	St. Mary's	10.81
1988	Brian Bergantine	Trinity	11.21
1987	Mike Eckroth	Mandan	10.78
1986	Darcy Neigum	Dickinson	10.99
1985	Steve Molstre	Dickinson	11.3
1984	Dave Lawson	Minot	11.13
1983	Andy Patzner	Minot	10.8
1982	James Molstre	Dickinson	11.21
1981	James Molstre	Dickinson	11.55
1980	Doug Houshka	Trinity	11.12
1979	Tim Lawson	Minot	10.4
1978	Doug Black	Williston	10.6
1977	Greg Meske	Bismarck	10.2
1976	Dave Derhak	Ryan	10.2
1975	Jim Wrangham	Bismarck	10.3
1974	Tim Cuskelly	Dickinson	9.8
1973	Bruce Perry	Bismarck	9.9
1972	Bruce Perry	Bismarck	10.4
1971	Keary Krause	Bismarck	10.7
1970	Keary Krause	Bismarck	10.2
1969	Schlag	Ryan	10.4
1968	Gerry Caya	Mandan	10.2

Year 200 Meter Dash

2013	Drew Wiseman	Century	21.84
2012	Drew Wiseman	Century	21.64
2011	John Welk	St. Mary's	21.94
2010	John Welk	St. Mary's	21.96
2009	Donte Smart	Minot	22.17
2008	Jason Duchscherer	Bismarck	21.69
2007	Jason Duchscherer	Bismarck	22.05
2006	Weston Leutz	Century	21.98
2005	Mitch Kudrna	Dickinson	22.31
2004	Weston Dressler	Bismarck	21.98
2003	Charod Moore	Minot	22.22
2002	Thomas Jones	Minot	21.48
2001	Terrance Walbaum	Bismarck	22.55
2000	Jason Kukla	Dickinson	22.01
1999	Jason Kukla	Dickinson	21.75
1998	Andy Severin	Bismarck	22.12
1997	Jason Moore	Dickinson	22.1
1996	Reed Dietrich	Century	22.37
1995	Jason Breitzman	Bismarck	22.01
1994	Jason Breitzman	Bismarck	21.77
1993	Jason Breitzman	Bismarck	21.66
1992	Bob Klooster	St. Mary's	22.13
1991	Tim Jacobsen	Dickinson	22.36
1990	Kyle Carlson	Dickinson	22.64
1989	Kyle Carlson	Dickinson	22.39
1988	Brian Bergantine	Trinity	22.63
1987	Darcy Neigum	Dickinson	22.35
1986	Darcy Neigum	Dickinson	22.37
1985	Darcy Neigum	Dickinson	22.8
1984	Tom Landsiedel	Minot	22.97
1983	Andy Patzner	Minot	22.3
1982	Ken Nelson	Dickinson	23.12
1981	James Molstre	Dickinson	23.9
1980	Tim Cheever	Dickinson	22.74
1979	Tim Lawson	Minot	23.3
1978	Doug Black	Williston	23
1977	Greg Meske	Bismarck	22.3
1976	Dave Derhak	Ryan	23.2
1975	Jim Wrangham	Bismarck	23.1
1974	Tim Cuskelly	Dickinson	23.3
1973	Chuck Rodgers	Ryan	22.8
1972	Bruce Perry	Bismarck	22.9
1971	Keary Krause	Bismarck	23
1970	Dave Sande	Bismarck	23.2
1969	Keary Krause	Bismarck	23.5
1968	Gerry Caya	Mandan	22.7

1967 Buerkle	Minot	10.6	1967 Gerry Caya	Mandan	24.2
1966 Huntley	Minot	10.4	1966 Mike Addington	Bismarck	23.6
1965 Ken Reinke	Minot	10.5	1965 Ken Reinke	Minot	23.7

Year 400 Meter Dash

2013	Isaac Walth	Bismarck	50.27
2012	Alex Neumiller	Bismarck	50.23
2011	Channing Mann	Bismarck	49.78
2010	Donte Smart	Minot	48.54
2009	Donte Smart	Minot	49.19
2008	Jason Duchscherer	Bismarck	49.1
2007	Jason Duchscherer	Bismarck	49.87
2006	Mitch Kudrna	Dickinson	49.25
2005	Devin Miller	Minot	49.96
2004	Weston Dressler	Bismarck	49.07
2003	Charod Moore	Minot	49.72
2002	Derrick Moore	Minot	49.23
2001	Derrick Moore	Minot	48.46
2000	Jason Kukla	Dickinson	49.19
1999	Tarrence Wolbaum	Bismarck	50.37
1998	Kelly Ebach	Dickinson	49.14
1997	Kelly Ebach	Dickinson	50.97
1996	Sam Severin	Bismarck	50.34
1995	Jason Breitzman	Bismarck	49.69
1994	Jason Breitzman	Bismarck	48.98
1993	Jason Breitzman	Bismarck	49.84
1992	James Schock	Bismarck	50.6
1991	Tim Jacobsen	Dickinson	49.75
1990	Kyle Carlson	Dickinson	50.27
1989	Kyle Carlson	Dickinson	49.73
1988	Kyle Carlson	Dickinson	50.58
1987	Darcy Neigum	Dickinson	48.85
1986	Darcy Neigum	Dickinson	50.61
1985	Jon Bryant	Minot	51
1984	Mike Braun	Mandan	50.18
1983	Mike Braun	Mandan	51.8
1982	James Molstre	Dickinson	49.27
1981	James Molstre	Dickinson	52.12
1980	James Molstre	Dickinson	51.22
1979	Scott Wilkinsin	Mandan	49.6
1978	Scott Wilkinsin	Mandan	52
1977	Greg Gavitt	Minot	50.5
1976	Greg Gavitt	Ryan	52.1
1975	Gred Gabbitt	Minot	51.5
1974	Blacke Durhak	Ryan	50.3
1973	Bruce Perry	Bismarck	48.9
1972	Bruce Perry	Bismarck	51.5
1971	Dave Sande	Bismarck	51.5
1970	Dave Sande	Bismarck	52.5
1969	Merkel	Bismarck	52
1968	Chuck Dahl	Bismarck	50.6

Year 800 Meter Run

2013	Jake Leingang	Bismarck	1:56.68
2012	Josh Seibel	Bismarck	1:58.84
2011	Levi Sether	Century	1:58.66
2010	Brandon Barnes	Bismarck	1:57.29
2009	Alex Wohl	Minot	2:00.81
2008	Jake Miller	Bismarck	2:01.38
2007	Sam Larson	Jamestown	1:56.34
2006	Eric Stroh	Bismarck	1:56.97
2005	Eric Stroh	Bismarck	2:01.55
2004	James Schanadore	Mandan	1:57.24
2003	Troy Ott	Dickinson	2:00.27
2002	Marcus Knutson	Williston	1:58.94
2001	Keenan O'Callaghan	Bismarck	1:59.46
2000	David Witham	Bismarck	1:59.42
1999	Darik Hoff	Century	2:00.05
1998	Darik Hoff	Century	1:57.83
1997	Aaron Klingbell	Minot	2:01.02
1996	Sam Severine	Bismarck	1:57.68
1995	Sam Severine	Bismarck	1:57.66
1994	Ryan Zunich	Williston	1:58.02
1993	Randy Kjorstad	Williston	1:59.81
1992	Joe Karlgaard	Bismarck	1:57.49
1991	Corey Ihmels	Williston	1:56.22
1990	Cory Burchill	Williston	2:01.7
1989	Ben Danielson	Bismarck	1:59.68
1988	Pat Mahoney	St. Mary's	1:59.89
1987	Marcus Mata	Minot	1:58.18
1986	Brent Schank	Dickinson	1:57.49
1985	Brent Schank	Dickinson	2:00.1
1984	John Gray	Minot	1:58.87
1983	Lars Smeenk	Bismarck	2:03.1
1982	Dave Pasicznyk	Dickinson	1:56.69
1981	Lance Bauer	Bismarck	1:59.71
1980	Dave Pasicznyk	Dickinson	1:59.7
1979	Scott Wilkinsin	Mandan	1:57.9
1978	Tim Wheeler	Dickinson	1:58.8
1977	Tim Wheeler	Dickinson	2:00.9
1976	Tim Wheeler	Dickinson	2:02.5
1975	Mark Weeks	Minot	2:01.6
1974	Tim Clausnitzer	Bismarck	2:01.5
1973	Tim Clausnitzer	Bismarck	2:01.3
1972	Jim Rowell	Minot	2:02.1
1971	Tom Petrik	Bismarck	2:02.7
1970	Mike Anderson	Minot	2:06.1
1969	Foss	Dickinson	2:01.1
1968	Ron McClure	Bismarck	2:00.8

1967 Chuck Dahl	Bismarck	52.4	1967 Yellow Bird	Minot	2:03.6
1966 Thornstad	Dickinson	53.95	1966 Larry Rolfson	Bismarck	2:06.5
1965 Dave Flom	Ryan	52.2	1965 Dale Hilstrom	Mandan	2:08.3

Year 1600 Meter Run

2013	Jake Leingang	Bismarck	4:05.63
2012	Jake Leingang	Bismarck	4:25.82
2011	Jake Leingang	Bismarck	4:20.46
2010	Brandon Barnes	Bismarck	4:18.44
2009	Joash Ososro	St. Mary's	4:18.81
2008	Joash Ososro	St. Mary's	4:31.82
2007	Sam Larson	Jamestown	4:15.89
2006	Tom Wagner	Bismarck	4:28.44
2005	Jory Zurich	Williston	4:29.8
2004	Jory Zurich	Williston	4:24.43
2003	James Schanandore	Mandan	4:34
2002	Jory Zurich	Williston	4:36.16
2001	Vince Miller	Williston	4:31.08
2000	Luke Splichal	Dickinson	4:30.93
1999	Darik Hoff	Century	4:37.89
1998	Darik Hoff	Century	4:30.52
1997	Mark Neset	Minot	4:34.9
1996	Mike Lindquist	Century	4:34.9
1995	Mike Lindquist	Century	4:27.75
1994	Cory Helm	Bismarck	4:25.58
1993	Ryan Zurich	Williston	4:34.84
1992	Corey Ihmels	Williston	4:09.27
1991	Corey Ihmels	Williston	4:19.4
1990	Corey Ihmels	Williston	4:31.5
1989	Ben Danielson	Bismarck	4:38.81
1988	Scott Reichenberger	Bismarck	4:31.12
1987	Rob Heen	Williston	4:15.55
1986	Rob Heen	Williston	4:22.3
1985	Darrin Boehm	Mandan	4:29.9
1984	Mark Unterseher	Mandan	4:27.08
1983	Con Leifur	Bismarck	4:40.7
	Lars Smeenck	Bismarck	4:40.7
1982	Lars Smeenck	Bismarck	4:25.88
1981	Tom Kringstad	Century	4:28.77
1980	Greg Rohde	Century	4:13.9
1979	Greg Rohde	Century	4:23.5
1978	Tim Wheeler	Dickinson	4:24
1977	Tim Wheeler	Dickinson	4:30.8
1976	Tim Wheeler	Dickinson	4:29.4
1975	John Morrison	Minot	4:20.8
1974	Curt Bacon	Ryan	4:25.4
1973	Tom Petrik	Bismarck	4:33.4
1972	Tom Petrik	Bismarck	4:33.5
1971	Bryan Guler	Bismarck	4:40.5
1970	Bruce Morrison	Minot	4:44.7
1969	Foss	Dickinson	4:27.2

Year 3200 Meter Run

2013	Brandon Berg	Bismarck	9:44.25
2012	Jake Leingang	Bismarck	9:07.58
2011	Jake Leingang	Bismarck	9:48.56
2010	Jake Leingang	Bismarck	9:34.84
2009	Joash Ososro	St. Mary's	9:22.67
2008	Joash Ososro	St. Mary's	9:49.3
2007	Joash Ososro	St. Mary's	9:40.41
2006	Tom Wagner	Bismarck	9:50.52
2005	Jory Zurich	Williston	10:01.87
2004	Jory Zurich	Williston	9:51.41
2003	Jory Zurich	Williston	9:59
2002	Alex Beach	Minot	10:10.10
2001	Bradley Wells	Dickinson	9:40.5
2000	Vince Miller	Williston	10:01.87
1999	Nick Hillman	Bismarck	10:24.79
1998	Brett Anderson	Century	10:05.08
1997	Mark Neset	Minot	10:07.3
1996	Mark Neset	Minot	10:12.08
1995	Jim Mallory	Bismarck	10:04.16
1994	Shawn Beitelspack	Dickinson	9:55.2
1993	Cory Helm	Bismarck	10:04.98
1992	Corey Ihmels	Williston	9:13.6
1991	Joel Hash	Williston	9:55.54
1990	Joe Mahoney	St. Mary's	9:52.02
1989	Joe Mahoney	St. Mary's	9:56.17
1988	Colin Klipfel	Bismarck	9:57.88
1987	Rob Heen	Williston	9:21.96
1986	Rob Heen	Williston	9:43.73
1985	Darrin Boehm	Mandan	9:57.4
1984	Dave Meuschel	Mandan	9:43.59
1983	Con Leifur	Bismarck	9:56.3
1982	Con Leifur	Bismarck	9:39.25
1981	Craig Kadrmass	Dickinson	9:46.35
1980	Greg Rohde	Century	9:28.2
1979	Sean Peck	Century	9:53.4
1978	Lance Oakes	Dickinson	9:53.4
1977	Cal Utke	Minot	9:46.3
1976	Bob Cameron	Minot	9:53.8
1975	John Morrison	Minot	9:25.8
1974	Lyle Witham	Minot	9:48.8
1973	Brian Beattie	Bismarck	9:52.4
1972	John Lange	Bismarck	9:55.2
1971	Roger Dick	Dickinson	10:13.3
1970	Milo Register	Minot	10:53

1968	Leon Conitz	Bismarck	4:26.2
1967	Randy Lussenden	Bismarck	4:36.1
1966	Hoopes	Minot	4:46.5

Year 110 Meter Hurdles

2013	Dylan Leutz	Century	15.04
2012	Dylan Leutz	Century	14.89
2011	Michael Nelson	Minot	15.24
2010	Nathan Magstadt	Dickinson	15.27
2009	Lee Greuel	Minot	15.58
2008	Lee Greuel	Minot	15.33
2007	Ty Martin	Minot	15.08
2006	Weston Leutz	Century	14.51
2005	Weston Leutz	Century	14.34
2004	Kiel Holwegner	Bismarck	14.59
2003	Brandon Yates	Minot	14.36
2002	Jack Schuh	Mandan	14.75
2001	Tavis Friedt	Mandan	15.22
2000	Tavis Friedt	Mandan	14.91
1999	Eric Skow	Williston	14.45
1998	Kuris Karn	Dickinson	14.84
1997	Rob Renschler	Bismarck	15.01
1996	Marcus Austin	Bismarck	14.99
1995	Ryan Feland	Century	15.33
1994	Gabe Iverson	Minot	14.52
1993	Calvin Edwards	Minot	14.27
1992	Calvin Edwards	Minot	14.72
1991	Jason Karn	Dickinson	14.74
1990	Jason LaBatte	Bismarck	14.44
1989	Mitch Morrell	Mandan	14.92
1988	Clint Leingang	Mandan	15.11
1987	Clint Leingang	Mandan	15.22
1986	Troy Barker	Bismarck	14.99
1985	Jon Bryant	Minot	15.2
1984	Jim Wangler	Mandan	14.83
1983	Jim Wangler	Mandan	14.3
1982	Jim Wangler	Mandan	15.32
1981	Jay Yeager	Bismarck	15.45
1980	Dan Gwin	Minot	15.34
1979	Jim Massey	Minot	15.1
1978	Jim Massey	Minot	15.8
1977	Kevin Gabbet	Dickinson	14.9
1976	Bryant Fuhrman	Bismarck	15.3
1975	Dan McIver	Minot	14.9
1974	Brad Ellison	Dickinson	15.3
1973	AL Burgan	Dickinson	15.2
1972	Dale Grinsteiner	Bismarck	16.2
1971	Greg Sjaastad	Minot	15.5
1970	Doug Bacon	Ryan	15.3
1969	Loppke	Minot	15.6
1968	Bill Sorenson	Bismarck	15.8

Year 300 Meter Hurdles

2013	Drew Wiseman	Century	37.96
2012	Drew Wiseman	Century	39.16
2011	Drew Wiseman	Century	39.7
2010	Devin Coyle	Mandan	38.99
2009	Lee Greuel	Minot	40.46
2008	Taylor Bruhschwein	Dickinson	40.83
2007	Weston Leutz	Century	38.31
2006	Justin Belohlavek	Mandan	39.89
2005	Weston Leutz	Century	40.01
2004	Kiel Holwegner	Bismarck	39.09
2003	Kiel Holwegner	Bismarck	40.07
2002		Mandan	
2001	Tavis Friedt	Mandan	39.57
2000	Tavis Friedt	Mandan	39.9
1999	Eric Skow	Williston	39.75
1998	Jason Dinius	Dickinson	39.57
1997	Eric Schmidt	Mandan	40.88
1996	Eric Schmidt	Mandan	40.31
1995	Ryan Feland	Century	40.5
1994	Gabe Iverson	Minot	38.4
1993	KC Homiston	Dickinson	39.16
1992	KC Homiston	Dickinson	39.41
1991	Jason LaBatte	Bismarck	39.04
1990	Shon Frandrich	Dickinson	39.7
1989	Jason LaBatte	Bismarck	39.85
1988	Kevin Brown	Dickinson	40.5
1987	Del Armstrong	Minot	41.5
1986	Troy Barker	Bismarck	40.7
1985	Jon Bryant	Minot	39.5
1984	Jim Wangler	Mandan	39.85
1983	Dave Pasicznyk	Dickinson	40.6
1982	Charlie Lawson	Minot	39.95
1981	Jim Neubauer	Mandan	40
1980	Jim Neubauer	Mandan	39.52
1979	Jim Massey	Minot	40.9
1978	Rick Leach	Dickinson	41.3
1977	Tim Schroeder	Trinity	20.7
1976	John Broker	Minot	21.1
1975	Jay Gibson	Dickinson	20.1
1974	John Fowler	Minot	22
1973	Ken Schneider	Bismarck	20.6
1972	Dale Grinsteiner	Bismarck	20.8
1971	Doug Ames	Minot	21.4
1970	Mike Swanson	Bismarck	21.9
1969	Schlag	Ryan	21
1968	Iverson	Williston	21.3

1967 Muus	Ryan	16.22	1967 Buerkle	Minot	21.3
1966 Msus	Ryan	16.1	1966 Buerkle	Minot	21.3
1965 Vern Praus	Dickinson	15.6	1965 Sims Walker	Ryan	20.3

Year High Jump

2013	Ben Jolliffe	Bismarck	6-2
2012	Joe Berger	Mandan	6-4
2011	Kendall Kautz	Bismarck	6-4
2010	Brian Sinner	Jamestown	6-6
2009	Taylor Stein	Century	6-4
2008	Brian Sinner	Jamestown	6-3
2007	Weston Leutz	Century	6-6
2006	John Peabody	Beulah	6-7
2005	Weston Leutz	Century	6-4
2004	Dewey Russell	Mandan	6-
2003	Brock Schauer	Mandan	6-4
2002	Kelly Greer	Dickinson	6-5
2001	Brock Heinert	Dickinson	6-4
2000	Derrick Roller	Bismarck	6-3
1999	Shawn Gabbert	Dickinson	6-6
1998	Shawn Gabbert	Dickinson	6-9.25
1997	Shane Yates	Minot	6-6
1996	Brad Fairchild	Century	6-8
1995	Brad Fairchild	Century	6-6
1994	Justin Hall	Dickinson	6-6
1993	Calvin Edwards	Minot	6-4
1992	Darin Berger	St. Mary's	6-4
1991	Charles Pokladnik	Bismarck	6-6
1990	Charles Pokladnik	Bismarck	6-9
1989	Charles Pokladnik	Bismarck	6-5
1988	Clint Leingang	Mandan	6-6
1987	John Jnessen	Dickinson	6-6
1986	Brian Nelson	Minot	6-8
1985	Brian Nelson	Minot	6-4
1984	Steve Sanders	Century	6-4
1983	Andy Patzner	Minot	6-4
1982	Andy Patzner	Minot	6-6
1981	Doug Schmidt	Dickinson	6-1
1980	Bob Baltzell	Dickinson	6-5
1979	Eric Larson	Dickinson	6-1
1978	John Heinrich	Century	6-2
1977	Doug Schweigert	Bismarck	6-
1976	Mike Haupt	Minot	6-3
1975	Jim Banna	Minot	6-4.75
1974	Ned Culver	Dickinson	5-10
1973	John Holt	Bismarck	6-4
1972	Spivey	Minot	5-8
1971	Doyle Hughes	Williston	5-10
1970	Dave Britnel, Bob Walsh	Bismarck / Ryan	5-8
1969	Peterson	Ryan	?
1968	Craig Rostvedt	Minot	6-2

Year Pole Vault

2013	Ben Love	Minot	13-3
2012	Dylan Leutz	Century	13-
2011	Alex Koppy	Mandan	14-1
2010	Jordan Buechler	Century	13-6
2009	Andy Lillejord	Jamestown	14-
2008	Alex Koppy	Mandan	13-6
2007	Joe Bredahl	Bismarck	14-
2006	Joe Bredahl	Bismarck	14-6
2005	Joe Bredahl	Bismarck	13-
2004	Derik Brugger	Dickinson	14-6
2003	Denver Dietrich	Bismarck	13-
2002	Tavis Friedt	Mandan	13-
2001	Chris Kisse	Dickinson	14-
2000	Kyle Herman	Century	15-3.75
1999	Kyle Herman	Century	14-
1998	Kyle Herman	Century	13-
1997	Kurt Fitterer	Mandan	13-
1996	Rocky Thompson	Century	14-6
1995	Lance Kalberer	Bismarck	13-6
1994	Brandon Helbling	Mandan	14-
1993	Jim Wright	Dickinson	15-1
1992	Ryan Struck	Century	13-6
1991	Jason Brintnell	Ryan	14-
1990	Chad Ohly	Minot	15-3
1989	Chad Ohly	Minot	14-
1988	BillyWeiand	Mandan	13-6
1987	Chris Carlson	Dickinson	13-9
1986	Andy Shafer	Century	13-3
1985	Lonnie Weiand	Mandan	14-6
1984	Troy Boehm	Mandan	13-3
1983	Steve Walby	Mandan	12-9
	Stacy Lehfeldt	Mandan	12-9
1982	Dean Kautzman	Mandan	13-6
1981	Allen Beckert	Dickinson	12-9
1980	Todd Kostelecky	Dickinson	12-9
1979	Todd Kostelecky	Dickinson	13-6
1978	Tim Olson	Minot	13-
1977	Brad Zastrow	Minot	13-9
1976	Glenn Wolf	Bismarck	13-
1975	Glenn Wolf	Bismarck	13-
1974	Glenn Wolf	Bismarck	12-3
1973	Layne Johnson	Minot	13-
1972	Mark Aide	Bismarck	15-2
1971	Mark Aide	Bismarck	14-1
1970	Mark Aide	Bismarck	12-8
1969	Foster	Dickinson	12-3

1967 Wood	Minot	5-10	1968 Steve Loeppke	Bismarck	12-1
1966 Esterby	Minot	5-6.25	1967 Burgard	Ryan	11-6
1965 Kirby Dahl	Williston	5-8	1966 Garry Olmstead	Bismarck	12-

Year Long Jump

2013	Bronte Liggins	Bismarck	21-4.5
2012	Devin Schirado	Bismarck	21-8.75
2011	Alex Neumiller	Bismarck	22-7
2010	Devin Schirado	Bismarck	22-5.25
2009	Andy Lillejord	Jamestown	22-1.75
2008	Andy Lillejord	Jamestown	21-3.75
2007	John Welk	St. Mary's	21-3.5
2006	Kyle Joritz	Century	21-9
2005	Nick Wilkens	Bismarck	20-10.25
2004	Ryan Miller	Bismarck	21-7.5
2003	Eric Sheppard	Minot	21-6.5
2002	Eric Sheppard	Minot	21-1.75
2001	Jake Pfau	Beulah	21-4
2000	Jake Pfau	Beulah	21-1.5
1999	Shawn Gabbert	Dickinson	22-11
1998	Steve Paul	Century	22-7
1997	Andy Severin	Bismarck	21-9.5
1996	Rob Renschler	Bismarck	22-
1995	Kelly Howe	Century	21-3.5
1994	Steve Bryson	Mandan	22-
1993	Ryan Kraft	St. Mary's	22-8.5
1992	Will Ripley	Bismarck	21-8.5
1991	John Fults	Minot	21-5.5
1990	John Fults	Minot	21-3
1989	Corey Walther	Bismarck	22-3
1988	Clint Leingang	Mandan	21-7
1987	Clint Leingang	Mandan	22-2
1986	Shawn Koronwy	Dickinson	20-9.5
1985	Rick Smith	St. Mary's	21-10
1984	Rick Smith	St. Mary's	21-7
1983	Darin Johnson	Bismarck	21-2.5
1982	Paul Keidel	Mandan	19-11
1981	Gerald Bezdicek	Dickinson	19-7
1980	Doug Hushka	Trinity	20-5
1979	Doug Schweigert	Bismarck	21-
1978	Doug Schweigert	Bismarck	22-5.5
1977	Doug Schweigert	Bismarck	20-9
1976	John Broker	Minot	21-11.5
1975	Mitch Rose	Bismarck	21-8
1974	Tony Tello	Bismarck	20-7.5
1973	Ken Davis	Dickinson	21-11.5
1972	Ken Davis	Dickinson	21-1.5
1971	Tim Bodine	Ryan	20-7.5
1970	Bob Aspaas	Minot	20-6.5
1969	Iverson	Williston	21-3.25
1968	Larry Dykema	Bismarck	21-1.5

Year Triple Jump

2013	Alex Yanosko	Minot	43-8.5
2012	Bronte Liggins	Bismarck	42-9.5
2011	Devin Schirado	Bismarck	43-7
2010	Shivam Patel	Dickinson	44-
2009	Andy Lillejord	Jamestown	43-7.25
2008	Mark Larson	Minot	42-5
2007	Doug Bradford	Bismarck	42-4.75
2006	Tyler Zacher	Beulah	42-11.75
2005	Grant Sundquist	Century	42-8.5
2004	Brent Nelson	Bismarck	44-11.75
2003	Dava Ralph	Bismarck	43-11.5
2002	Brent Nelson	Bismarck	42-6
2001	Chad Oukrop	Dickinson	46-4.75
2000	Justin Riveland	Bismarck	42-3.5
1999	Shawn Gabbert	Dickinson	44-9.75
1998	Shawn Gabbert	Dickinson	45-9
1997	Rob Renschler	Bismarck	44-11
1996	Brandon Schaible	Bismarck	44-9
1995	Jay Greenwood	Dickinson	43-5.5
1994	Justin Hall	Dickinson	43-9
1993	Jermaine Farria	Minot	43-5
1992	Will Ripley	Bismarck	42-2.5

1967	Larry Dykema	Bismarck	20-8
1966	Aelie Bailey	Bismarck	20-3
1965	Ken Reinke	Minot	21-1.5

Year	Shot Put			Year	Discus		
2013	Jon Tharaldsen	Bismarck	55-4	2013	Stanley Jones	Bismarck	152-9
2012	Conrad Schwarzkopf	Century	55-11	2012	Conrad Schwarzkopf	Century	179-11
2011	Conrad Schwarzkopf	Century	51-10	2011	Conrad Schwarzkopf	Century	153-4
2010	Conrad Schwarzkopf	Century	53-8	2010	Bryan Kielpinski	Mandan	161-3
2009	Brent Qvale	Williston	57-.5	2009	Tyler Bradley	Bismarck	156-3
2008	Brent Qvale	Williston	56-5	2008	Jerad Aasen	Minot	171-6
2007	Brent Qvale	Williston	53-1	2007	AJ Tuck	Century	164-3
2006	Alex Boyeff	Minot	57-5	2006	Ben Jacobson	Bismarck	173-10
2005	Alex Boyeff	Minot	57-1	2005	Ben Jacobson	Bismarck	167-5
2004	Josh Obrigewitch	Bismarck	55-7	2004	Andrew Haak	Mandan	164-10
2003	Kade Olson	Minot	53.1.5	2003	Matt Wanner	Mandan	153-8
2002	Clint Schelke	Beulah	59-11	2002	Clint Schelke	Beulah	167-6
2001	Chris Olhieser	Century	55-9	2001	Greg Elsinger	Bismarck	154-10
2000	Derrick Lorenz	Minot	53-11	2000	Derrick Lorenz	Minot	157-
1999	Seth Helgeson	Bismarck	56-11	1999	Seth Helgeson	Bismarck	166-7
1998	Brandon Ralph	Minot	56-2	1998	Seth Helgeson	Bismarck	159-6
1997	Brandon Ralph	Minot	55-9	1997	Jason Harmon	Century	170-8
1996	James Springer	Minot	50-7.5	1996	Jason Harmon	Century	161-6
1995	Jim O'Brien	Century	55-2	1995	Ben Ricks	Minot	169-3
1994	Jason Faller	Dickinson	52-7	1994	Bill Feser	Mandan	142-1
1993	Darren Hoffman	Century	54-5.5	1993	Darren Hoffman	Century	168-3
1992	Brad Leingang	Mandan	54-4	1992	Brad Leingang	Mandan	146-6
1991	Glen Hardy	Minot	55-5	1991	Glen Hardy	Minot	167-4
1990	Glen Hardy	Minot	55-6.5	1990	Dave Bergloff	Century	184-6
1989	Will Meeks	Century	54-8.5	1989	Dave Bergloff	Century	158-7
1988	Dave Marion	Century	59-4.5	1988	Dave Marion	Century	175-6
1987	Howard Hausaur	Bismarck	64-7	1987	Howard Hausaur	Bismarck	179-9
1986	Howard Hausaur	Bismarck	61-3	1986	Bob Skabo	Williston	158-1
1985	Steve Zorn	Minot	54-11.25	1985	Chuck Clairmont	Bismarck	178-1
1984	John Apland	Minot	53-4	1984	Chuck Clairmont	Bismarck	159-9
1983	Joe Vicka	Minot	53-7	1983	Ross Kovash	Trinity	150-1
1982	Joe Vicka	Minot	53-7.5	1982	Mike Faller	Dickinson	149-6
1981	Jeff Bawden	Williston	54-3.5	1981	Jeff Bawden	Williston	155-
1980	Jeff Bawden	Williston	53-	1980	Jeff Bawden	Williston	146-11
1979	Bob Holmen	Minot	49-7.5	1979	Andy Plank	Minot	139-10
1978	Curt Lesser	Minot	56-2.5	1978	Dave Antil	Century	157-2
1977	Cliff Frey	Minot	54-1	1977	Doug Schlosser	Mandan	164-6
1976	Cliff Frey	Minot	54-2.5	1976	Doug Schlosser	Mandan	155-2
1975	Jeff Heidt	Trinity	53-7	1975	Jim Emil	Mandan	145-5.5
1974	Jim Pence	Minot	53-9	1974	Clem Clooten	St. Mary's	162-8.75
1973	Ted Hausauer	St. Mary's	56-5	1973	Clem Clooten	St. Mary's	161-1
1972	Don Tyrner	Minot	57-4	1972	Don Tyrner	Minot	140-10
1971	Dennis Kruse	Minot	53-6.5	1971	Ed Brezinski	Ryan	163-
1970	Dennis Kruse	Minot	50-6.75	1970	Brian Cook	Dickinson	147-
1969	Mark Bougie	Bismarck	57-11.7	1969	Mark Bougie	Bismarck	143-7
1968	Steve Mayer	Bismarck	54-	1968	Harry Salak	Bismarck	158-5

1967 Wally Kalmbach	Minot	51-9	1967 Harry Salak	Bismarck	163-11
1966 Borkhuis	Minot	47-5.25	1966 Dwight Farrell	St. Mary's	137-5
1965 Vern Praus	Dickinson	52-1.5	1965 Vern Praus	Dickinson	141-6

Year Javelin

2013	Nolan Love	Jamestown	160-3		
2012	Dexter Werner	Bismarck	179-9		
2011	Devin Coyle	Mandan	171-8		
2010	Kevin Poitra	Bismarck	172-9		
2009	Esley Thorton	Bismarck	183-6		
2008	Jared Aasen	Minot	192-4		
2007	Kyle Schatz	Minot	174-8		
2006	Jerad Aasen	Minot	169-10		
2005	Brian Haugstad	Beulah	165-1		
2004	Kyle Quist	Minot	167-1		
2003	Rob Borr	Bismarck	171-9		
2002	Nick Horab	Williston	159-10		
2001	Chad Oukrop	Dickinson	191-4		
2000	Zac Sadness	Bismarck	164-6		
1999	Brock Oukrop	Dickinson	210-4		
1998	Seth Sadness	Bismarck	174-6		
1997	Jason Mazigian	Century	177-8		
1996	Brian Bonicille	Dickinson	167-		
1995	Derk Donjab	Century	175-3		
1994	Jon Buehler	Dickinson	192-8		
1993	Shawn Weekes	Century	197-2		
1992	Jim Helsene	Minot	181-5		
1991	Jim Helsene	Minot	189-1		
1990	Jim Helsene	Minot	167-8		
1989	Chad Rodvold	Williston	205-1		
1988	Steve Haman	St. Mary's	198-5		
1987	Chris Carlson	Dickinson	180-		
1986	John Jenson	Mandan	185-1		
1985	Monte Meyers	Mandan	196-		
1984	Monte Meyers	Mandan	194-5		
1983	Jon Claymore	St. Mary's	197-		
1982	Dan Gaman	Mandan	189-4		
1981	Jeff Bawden	Williston	195-5		
1980	Jeff Meland	Bismarck	188-8		
1979	Andy Plank	Minot	178-11		
1978	Mark Waldera	Dickinson	190-5		
1977	Doug Schlosser	Mandan	185-2		
1976	Doug Schlosser	Mandan	179-6		
1975	Tom Hankins	Trinity	187-5	330 intermediates	
1974	Tom Hankins	Trinity	175-6	John Folwer	Minot 42.3
1973	Wade Schatz	Bismarck	175-6.5	Craig Hougen	Bismarck 41.8
1972	Don Dentz	Ryan	160-2.5		
1971	Russ Heneger	Bismarck	163-		
1970	Rod Barth	St. Mary's	179-7		
1969	Rod Barth	St. Mary's	173-9		
1968	White	Minot	162-		

1967	Tom Zastipul	Dickinson	162-2.5
1966	Genesu	Minot	157-10
1965	Ron Miller	Dickinson	161-3