

STATE CROSS-COUNTRY CHAMPIONSHIPS
SEWARD HIGH SCHOOL RECORDS

Men's

Top 10 Place State Meet Finishes

2003, 2001, 1967 – 2nd

1968, 1969 – 3rd

2010 - 4th

2011, 1976 – 6th

2000 – 7th

2004, 1997 – 8th

1974, 1984 – 9th

2009, 2005, 1990 – 10th

Top State Meet Cross-Country Times- Since 1990

1. Ethan Damman	16:52	2010
2. Tom Unger	16:57	2000
3. Tyler Hackbart	16:58	2007
4. J.P. Rech	17:03	2010
5. J.P. Rech	17:07	2011
6. Gavin Felix	17:13	2003
7. Tom Unger	17:14	2001
8. Tyler Hackbart	17:16	2006
9. Sam Petersen	17:22	2003
10. Jake Dexter	17:25	2011
11. Tyler Weatherholt	17:29	2005
12. Grant Vlasin	17:30	2008
13. Jesse Prochaska	17:31	2003
14. Tom Unger	17:31	1999
15. Jake Dexter	17:33	2010
16. Justin Gross	17:36	2011
16. Josh Meyer	17:36	2005
18. Erik Broderick	17:38	1997
19. Lane Eynneson	17:41	1990
20. Mark Wilcox	17:43	2009
21. Ethan Damman	17:44	2011
21. Josh Meyer	17:44	2004
23. Mitch Mueller	17:46	2000
24. Josh Meyer	17:47	2003
25. Grant Vlasin	17:48	2009
26. Jason Villalobos	17:50	2001
27. Peter Hess	17:51	1995
28. Mitch Mueller	17:52	2001
29. Blaze Novak	17:55	2008
30. Craig Morgan	17:56	2001
31. Ethan Damman	18:00	2009
32. Justin Gross	18:04	2010
33. Tyler Weatherholt	18:07	2004
34. Brandon Schmidt	18:09	2003
35. John Cahoon	18:11	2009
36. Jordan Powell	18:12	2004
37. Robert Kuhlman	18:13	2006
38. Zach Martens	18:13	2001
39. Jesse Prochaska	18:14	2004
40. Peter Hess	18:16	1997
40. Jesse Prochaska	18:16	2002
40. Erick Broderick	18:16	1996
40. Ross Mueller	18:16	2000
44. John Cahoon	18:18	2010
45. John Cahoon	18:19	2008
46. Kevin Kophamer	18:20	2008
47. Sam Peterson	18:20	2004
48. Brandon Schmidt	18:21	2004
49. Kelby Nitz	18:23	2000
50. Robert Shelly	18:24	1990
50. Grant Vlasin	18:24	2007

Top (50th Place) State Meet Finishers:

Tom Unger	4 th	2000
Tom Unger	7 th	2001
Ethan Damman	8 th	2010
Tyler Hackbart	8 th	2007
Erik Broderick	8 th	1997
Matt Ehrlich	8 th	1988
Gavin Felix	10 th	2003
Steve Hoyer	10 th	1974
J.P. Rech	13 th	2010
Roger Wright	13 th	1967
Jerry Howe	13 th	1968
Ken Maca	13 th	1969
Marty Ost	14 th	1967
Roger Wright	14 th	1968
Keith Hentzen	16 th	1969
Tyler Hackbart	17 th	2006
Sam Petersen	17 th	2003
J.P. Rech	18 th	2011
Jim Howe	18 th	1969
Al Geis	18 th	1980
Dan Dargeloh	20 th	1968
Tom Unger	20 th	1999
Jesse Prochaska	21 st	2003
Peter Hess	21 st	1995
Tyler Weatherholt	22 nd	2005
Keith Hentzen	22 nd	1968
Josh Meyer	23 rd	2004
Joe Stephenson	23 rd	1968
Jason Villalobos	23 rd	2001
Mark Raymon	25 th	1967
Mitch Mueller	25 th	2000
Jake Dexter	26 th	2011
Josh Meyer	27 th	2003
Mitch Mueller	27 th	2001
Josh Meyer	28 th	2005
Justin Gross	29 th	2011
Jake Dexter	29 th	2010
Mark Wilcox	29 th	2009
Grant Vlasin	29 th	2008
Craig Morgan	30 th	2001
Jerry Howe	31 st	1967
Joe Stephenson	32 nd	1967
Peter Hess	32 nd	1997
Grant Vlasin	34 th	2009
Dan Dargeloh	35 th	1969
Tyler Weatherholt	37 th	2004
Ethan Damman	39 th	2011
Jesse Prochaska	40 th	2002
Brandon Schmidt	43 rd	2003
Zach Martens	43 rd	2001
Ethan Damman	44 th	2009
Jordan Powell	44 th	2004
Blaze Novak	45 th	2008
Jesse Prochaska	45 th	2004
Corey Sabatka	47 th	2002
Robert Kuhlman	50 th	2006
Sam Petersen	50 th	2004