

Seward High Track
Conference Champions (Since 1986)

- 2011 - 3200 R- 10:15 -Lilliana Gonzalez, Lea Kayton, Lauren Wilcox, Shelbi Sloup
Kelsey Christensen- 3200- 11:46
Hannah Tvrdy- 800- 2:22.8
1600 R- 4:05.9- Marti Vlasin, Emily Cady, Beth Bohuslavsky, Hannah Tvrdy
- 2010 - Grant Vlasin- 800- 2:03.3
Jake Suhr-110HH- 15.0
Liz Damman- 1600-5:25.9
Kelsey Christensen-3200-11:27.5
Alyssa Kamphaus-shot-47'5" Discus- 140'00
4 x 400- 4:08.6- Emily Cady, Beth Bohuslavsky, Liz Damman, Natasha Mueller
4 x 800- 10:13.3 Liz Damman, Natasha Mueller, Mari Vlasin, Kelsey Christensen
- 2009 - Natasha Mueller- 800-
3200R- Kelsey Christensen, Jordan Seaman, Kinzi Roth, Natasha Mueller
Alyssa Kamphaus- Shot- ; Discus-
- 2005 – Terrin Wurdeman – TJ - 34' 9"
Kyle Gabel – HJ – 6' 4"
- 2004 – Kyle Gabel High Jump 6' 8"
Holly Andrews – 26.67 200
Rachel Roebke – 15.37 100 HH, 300 LH 49.26
- 2003 – Andrew Pearson 100 M – 11.3; 110 H.H. – 14.37
Jesse Prochaska 1600 M – 4:50.6
Jesse Hansen Long Jump – 15'8"; Triple Jump – 32'7 ¾"
Rachel Roebke 100 H.H. – 16.0
- 2002 – Jeff Luebbe 300 I.H. – 38.4; 110 H.H. – 14.0
Andrew Pearson 200 M – 22.2
Tom Unger 1600 M – 4:32.5
Scott Keller Discus – 151' 8"
Jeff Aldrich 100 M – 11.2; 400 M – 50.6
Jesse Hansen Long Jump – 17' ¼"
4 x 100 Andy Kadavy, Andrew Pearson, Jeff Aldrich, Jeff Luebbe – 43.4
4 x 400 Andrew Pearson, Andy Kadavy, Tom Unger, Jeff Luebbe – 3:26.0
4 x 800 Craig Morgan, Mitch Mueller, Zach Martens, Tom Unger – 8:10.4
- 2001 – Conference Meet Was Cancelled
- 2000 – Sarah Bollwitt Polevault – 11' 6"
Jeff Luebbe 110 H.H. – 14.7
- 1999 – Sarah Bollwitt Polevault – 9' 6"
- 1998 – Justin Burhoop High Jump – 6' 6"; Long Jump – 21' 9"
Peter Hess 1600 M – 4:27.7
Justin Poots 110 H.H. – 13.9
Kara Wolter 100 M – 12.5; 200 M – 26.1
4 x 100 Justin Luth, Chad Sabatka, Justin Burhoop, Justin Poots – 43.7
4 x 800 Erik Broderick, Jason Luebbe, Brian Tiemann, Jason Jisa – 8:15.2
- 1997 – Jim Soukup Polevault – 14' 0"
Justin Poots 110 H.H. – 14.2
Lynn Jirovsky 400 M – 61.3
- 1996 – Justin Burhoop Long Jump – 20' 9 ¾"
Justin Poots 110 H.H. – 15.5
- 1995 – Justin Burhoop High Jump – 6' 3"
Lynn Jirovsky 400 M – 63.2
- 1994 – Justin Hartman 100 M – 11.8; 200 M – 23.3; High Jump – 6' 3"
Eric Ehrlich Triple Jump – 43' 2"

1992 – Chad Schaefer Long Jump – 22' 5 ¾"
1991 – Chad Schaefer Long Jump – 21' 7 ½"
Travis Soukup Polevault – 13' 11"
4 x 800 Erin Demuth, Melissa Schlotman, Steph Greguras, Anne Jones – 10:00.7
1990 – Chad Schaefer Long Jump – 21' 4"; Triple Jump – 44' 7"
1989 – J. Lindquist Long Jump – 20' 10 ¼"
Chris Roll 100 M – 11.2
4 x 100 Ryan Stelling, Terry Goldsmith, J. Lindquist, Chris Roll – 44.8
4 x 800 J. Hackbart, L. Knight, Matt Ehrlich, Trent Thorell – 8:21.6
1988 – Becky Myers 400 M – 61.0; 800 M 2:30.4
Patti Gesch 100 M – 12.3; 200 M – 25.7
J. Lindquist Long Jump – 20' 7"
Chris Demuth Discus – 161' 10"
Chris Roll 100 M – 11.1; 200 M – 22.8
4 x 400 Erin Demuth, Patti Gesch, Carrie Morse, Becky Myers – 4:11.1