

**Seward High Track**  
**District Champions (Since 1986)**

- 2011- Marti Vlasin- 400- 60.2  
Hannah Tvrdy- 800- 2:25.5  
Kelsey Christensen- 1600- 5:26.4, 3200- 11:45.4  
Emily Cady- 300H- 46.6  
3200R- 9:45.4 Marti Vlasin, Hannah Tvrdy, Taylor Seaman, Kelsey Christensen  
1600R- 4:07.3 Marti Vlasin, Emily Cady, Beth Bohuslavsky, Hannah Tvrdy  
Micah Kohlwey- 100- 10.9, 200- 22.6  
400R- 44.0- Alex King, Micah Kohlwey, Sam Brauer, Devin Koranda  
3200R- 8:12.5- JP Rech, Ethan Damman, Daniel Buss, Kaio Uhing
- 2010- Alyssa Kamphaus- Shot- 46' 5.5"  
Liz Damman- 800-2:24.2 , 1600- 5:28.2  
Kelsey Christensen- 3200- 11:56.2  
3200R- 9:39.0 Kelsey Christensen, Marti Vlasin, Natasha Mueller, Liz Damman  
Devin Koranda- 400- 51.2  
Jake Suhr- 110 H- 14.9  
1600R- 3:30.0 Sam Brauer, Robby Kirkland, Grant Vlasin, Devin Koranda  
3200R- 8:23.6 Grant Vlasin, Jake Dexter, Kaio Uhing, Daniel Buss
- 2009- Alyssa Kamphaus- Shot, Discus  
TJ- Emily Cady  
3200 R- Jacob Imig, Daniel Buss, Kaio Uhing, Grant Vlasin  
110H- Jake Suhr
- 2008- Nick Bogenrief Pole Vault- 14'4"  
Anna Meyer- 3200,  
3200 R- 9:43.1 Kelsey Christensen, Anna Meyer, Liz Damman, Natasha Mueller  
800- Elizabeth Damman  
4 x 100 Zoie Smetter, Lisa Kosisek, Kinzi Roth, Liz Damman
- 2007-Nick Bogenrief Polevault – 14' 8"  
2007 – Liz Damman 400 – 60.1  
2007 – 4x100 Krista Johnson, Heather Post, Lisa Kozisek, Liz Damman – 51.2  
2005 – Jordan Halvorsen 100 M – 11.0  
2005 – Kyle Gabel HJ – 6' 5"  
2004 – Rachel Roebke 100 HH 14.9, 300 LH 47.6  
2004 – 4 x 800 Joe Phillips, Sam Petersen, Gavin Felix, Jesse Prochaska – 8:15.4  
2004 – Kyle Gabel High Jump – 6' 2"  
2003 – Andrew Pearson 200 – 23.0; 400 – 49.7; 110 H.H. – 14.0  
2003 – Rachel Roebke 100 H.H. – 15.3  
2003 – 4 x 800 J.J. Hall, Bethany Dani, Emly Hartmann, Alyssa Mueller – 10:00.0  
2002 – Jeff Aldrich 100 M – 10.9  
2002 – Andrew Pearson 200 M – 22.4  
2002 Tom Unger 800 M – 1:59.6; 1600 – 4:30.1  
2002 – Jeff Luebbe 110 H.H. – 14.4; 300 I.H. – 37.4

2002 – Jesse Hansen Triple Jump – 35' 6"  
2002 – 4 x 100 Andy Kadavy, Andrew Pearson, Jeff Aldrich, Jeff Luebbe – 43.0  
2002 – 4 x 400 Andy Kadavy, Andrew Pearson, Tom Unger, Jeff Luebbe – 3:24.6  
2002 – 4 x 800 Jason Villalobos, Craig Morgan, Mitch Mueller, Andy Kadavy – 8:20.7  
2002 – 4 x 800 Emly Hartmann, Nicki Blazek, Kari Smith, Jessica Brandle – 10:02.5  
2001 – Sarah Bollwitt Polevault – 11' 8"  
2001 – Tom Unger 800 – 1:59.0; 1600 – 4:32.3  
2001 – Jeff Luebbe 110 H.H. – 14.7; 300 I.H. – 38.1  
2001 – Christa Duncan 3200 – 12:48.2  
2001 – Nicki Blazek 400 – 63.1  
2001 – 4 x 100 B.J. Schulz, Andrew Pearson, Jeff Aldrich, Jeff Luebbe – 43.2  
2001 – 4 x 400 Jeff Aldrich, Andrew Pearson, Tom Unger, Jeff Luebbe – 3:26.3  
2001 – 4 x 800 Jason Villalobos, Kelby Nitz, Zach Martens, Mitch Mueller – 8:27.4  
2000 – Andy Hentzen Discus – 153' 1"  
2000 – Andy Kadavy 800 – 2:01.9  
2000 – Chad Sabatka 400 – 50.6  
2000 – Sarah Bollwitt Polevault – 10' 6"  
2000 – Jeff Luebbe 110 H.H. – 14.6  
2000 – 4 x 800 Mark Bianco, Andy Kadavy, Erik Broderick, Tom Unger – 8:08.9  
1999 – Sarah Bollwitt Polevault – 10' 0"  
1999 – Jeff Luebbe 300 I.H. – 39.9  
1999 – 4 x 400 Chad Sabatka, Andy Kadavy, Jason Jisa, Jason Luebbe – 3:24.5  
1999 – 4 x 800 Jason Jisa, Andy Kadavy, Jason Luebbe, Zach Hartmann – 8:08.9  
1998 – Peter Hess 800 – 1:56.2  
1998 – Kara Wolter 100 – 12.6  
1998 – Justin Poots 110 H.H. – 14.0; 300 I.H. – 40.2  
1998 – Justin Burhoop Long Jump – 21' 11 ½"; High Jump – 6' 4"  
1998 – 4 x 100 Justin Luth, Chad Sabatka, Justin Burhoop, Justin Poots  
1998 – 4 x 400 Jason Jisa, Zach Hartmann, Justin Poots, Peter Hess – 3:28.4  
1998 – 4 x 800 Jason Jisa, Jason Luebbe, Zach Hartmann, Peter Hess – 8:12.3  
1998 – 4 x 100 Kira Pozehl, Sarah Bollwitt, Lynn Jirovsky, Kara Wolter – 50.4  
1997 – Nick Hardesty Triple Jump – 42' 7 ¾"  
1997 – Jim Soukup Polevault – 13' 7"  
1997 – Justin Poots 110 H.H. – 14.6  
1996 – Lynn Jirovsky 400 M – 59.8  
1995 – Ryan Brauer Discus – 160' 2"  
1994 – Justin Hartman High Jump – 6' 6"  
1994 – Jeremy Coffey Polevault – 14' 0"  
1993 – Eddie McLaughlin Shot Put – 51' 4"  
1992 – Anne Jones 400 M – 58.6  
1992 – Eric Whitmarsh Long Jump – 21' 5 ½"  
1992 – 4 x 400 H. Henning, Melissa Schlotman, Nicki Oborny, Anne Jones – 4:05.9  
1991 – Keith Anderson 110 H.H. – 15.2  
1991 – Ryan Stelling Long Jump – 21' 8 ¼"; High Jump – 6' 3"  
1991 – Chad Schaefer Triple Jump – 45' 3 ½"  
1991 – Travis Soukup Polevault – 13' 5"

1991 – Anne Jones 400 M – 60.4

1991 – 4 x 400 Erin Demuth, Nicki Oborny, Becky Myers, Anne Jones – 4:09.6

1990 – Chad Schaefer Long Jump – 21' 7 ½"; Triple Jump – 44' 5"

1990 – Jason Turek High Jump – 6' 4"

1990 – 4 x 400 Erin Demuth, Nicki Oborny, Steph Greguras, Anne Jones – 4:10.4

1989 – 4 x 100 Ryan Stelling, Chris Roll, Terry Goldsmith, J. Lindquist – 44.4

1988 – G. Whittemore High Jump – 6' 3"

1988 – Patti Gesch 100 M – 12.5; 200 M – 25.8

1988 – 4 x 400 Erin Demuth, Carrie Morse, Patti Gesch, Becky Myers – 4:04.7