

# Irondale Knight's All-State

Bruce Bakke	Discus	1970	3 <sup>rd</sup>
Andy Urech	180yd Hurdles	1970	3 <sup>rd</sup>
	<b>Sprint Medley</b>	<b>1972</b>	<b>4<sup>th</sup></b>
Curt Horkey	Pole Vault	1976	5 <sup>th</sup>
Bob Herron	300 Hurdles	1979	2 <sup>nd</sup>
	<b>4X400 M. Relay</b>	<b>1979</b>	<b>2<sup>nd</sup></b>
<b>B. Herron, R.Anderson, M.Schommer, J. Herbert</b>			
Jim Herbert	400 M. Dash	1980	3 <sup>rd</sup>
	<b>Sprint Medley</b>	<b>1982</b>	<b>2<sup>nd</sup></b>
John Sitarz	Shot Put	1983	4 <sup>th</sup>
Mike Broemer	100 M. Dash	1984	6 <sup>th</sup>
Ben Osmond	800 M. Run	1985	6 <sup>th</sup>
Ben Osmond	800 M. Run	1987	4 <sup>th</sup>
Mike Schwartz	Discus	1987	5 <sup>th</sup>
Erich Kunzman	110 H. Hurdles	1989	3 <sup>rd</sup>
Bart Moseman	400 M. Dash	1989	5 <sup>th</sup>
	<b>4X400 M. Relay</b>	<b>1989</b>	<b>3<sup>rd</sup></b>
Steve Carlson	High Jump	1990	5 <sup>th</sup>
Mike Heslin	Long Jump	1991	6 <sup>th</sup>
Ted Marks	400 M. Dash	1991	3 <sup>rd</sup>
Jon Osmond	800 M. Run	1991	2 <sup>nd</sup>
Dan Pihlstrom	1600 M. Run	1991	6 <sup>th</sup>
	<b>4X400 M. Relay</b>	<b>1991</b>	<b>4<sup>th</sup></b>
Ted Marks	400 M. Dash	1992	2 <sup>nd</sup>
Dan Pihlstrom	1600 M. Run	1992	5 <sup>th</sup>
Steve Hentges	Long Jump	1992	4 <sup>th</sup>
	<b>4X400 M. Relay</b>	<b>1992</b>	<b>2<sup>nd</sup></b>
<b>S.Doherty, J.Osmond, D.Pihlstrom, T.Marks</b>			
Adam Johnson	Long Jump	1993	8 <sup>th</sup>
Adam Johnson	Triple Jump	1993	2 <sup>nd</sup>
Bob Cahow	Pole Vault	1996	8 <sup>th</sup>
Erik Werner	Triple Jump	1996	3 <sup>rd</sup>
Bob Cahow	Pole Vault	1997	5 <sup>th</sup>
Kwadwo Mensah	Triple Jump	1998	8 <sup>th</sup>
	<b>4X200 M. Relay</b>	<b>1998</b>	<b>6<sup>th</sup></b>
<b>P. Bernardy, R. Burdick, K. Kane, J. Sauve</b>			
Kwadwo Mensah	Triple Jump	1999	2 <sup>nd</sup>
Kwadwo Mensah	Long Jump	2000	6 <sup>th</sup>
Mike Van Beusekom	1600 M. Run	2001	3 <sup>rd</sup>
Mike Van Beusekom	3200 M. Run	2001	6 <sup>th</sup>

Brian Dahl	300 M. Hurdles	2002	8 <sup>th</sup>
Mike Van Beusekom	1600 M. Run	2002	3 <sup>rd</sup>
Mike Van Beusekom	3200 M. Run	2002	5 <sup>th</sup>
T.J. Zollinger	Discus	2002	3 <sup>rd</sup>
Paul LaClaire	100 M. Dash	2003	8 <sup>th</sup>
Mike Van Beusekom	1600 M. Run	2003	2 <sup>nd</sup>
Mike Van Beusekom	800 M. Run	2003	7 <sup>th</sup>
	<b>4X100 M. Relay</b>	<b>2003</b>	<b>4<sup>th</sup></b>
<b>K.Roberts, M.Sheppard, S.Leary, P.LaClaire</b>			
Andy Richardson	1,600 M. Run	2006	10 <sup>th</sup>
	<b>4X100 M Relay</b>	<b>2006</b>	<b>3<sup>rd</sup></b>
<b>D.Ogundipe, C. Ojika, D. Bernardy, M. Day</b>			
Andy Richardson	800 M. Run	2007	2 <sup>nd</sup>
Andy Richardson	1,600 M. Run	2007	3 <sup>rd</sup>
	<b>4X200 M Relay</b>	<b>2007</b>	<b>4<sup>th</sup></b>
<b>B. Peling, C. Ojika, U. Ogonnaya, M. Day</b>			
Andy Richardson	800 M. Run	2008	3 <sup>rd</sup>
Andy Richardson	1,600 M. Run	2008	3 <sup>rd</sup>
Chichi Ojika	100 M. Dash	2008	3 <sup>rd</sup>
	<b>4X100 M Relay</b>	<b>2008</b>	<b>4<sup>th</sup></b>
<b>T. Ogundipe, C. Ojika, W. Carlson, U. Ogonnaya</b>			
Peter Erickson	Pole Vault	2008	4 <sup>th</sup>
Yoni Seevers	Pole Vault	2009	8 <sup>th</sup>
Chichi Ojika	100 M. Dash	2009	2 <sup>nd</sup>
Chichi Ojika	200 M. Dash	2009	2 <sup>nd</sup>
	<b>4X800 M Relay</b>	<b>2009</b>	<b>8<sup>th</sup></b>
<b>M. Schafer, T. Abdelkhalik, J. Peterson, E. Johnson</b>			
	<b>4X100 M Relay</b>	<b>2011</b>	
<b>N. Oji, K.C. Ogonnaya, K. Poster, K. Korngor</b>			
Tim Abel	Pole Vault	2011	10 <sup>th</sup>
Ben Ojika	110 M. High Hurdles	2012	6 <sup>th</sup>
James Kruse	200 Meter Dash	2012	
	<b>4X100 M Relay</b>	<b>2012</b>	
<b>L.Johnson, K.C.Ogonnaya, S.Yankey, J.Kruse</b>			
Joe Kelner	Pole Vault	2013	
Ben Ojika	110 M. High Hurdles	2013	
James Kruse	200 Meter Dash	2013	
Ben Ojika	High Jump	2013	
	<b>4X100 M Relay</b>	<b>2013</b>	
<b>L.Johnson, J.Canfield,V.James,J.Kruse</b>			