

CRC ORDER OF EVENTS

8:00 A.M.

Coaches Adds and Scratches Meeting

9:00 A.M.

Field Events

Discus..... Girls, followed by Boys
High Jump..... Girls, followed by Boys
Long Jump..... Girls, followed by Boys
Shot Put..... Boys, followed by Girls
Triple Jump..... Boys, followed by Girls
Pole Vault..... Boys, followed by Girls

**Prelims will begin
at 12 pm**

Morning Session Track Events

3200 Meter Relay Finals

100 Meter High Hurdles (33") Preliminaries

110 Meter High Hurdles (39") Preliminaries

100 Meter Dash Preliminaries

400 Meter Dash Finals

3200 Meter Run Finals

200 Meter Dash Preliminaries

Afternoon Session Track Events

**Running finals will start thirty minutes
after the last prelims of the 200.**

FINALS

100 Meter High Hurdles

110 Meter High Hurdles

100 Meter Dash

800 Meter Dash

300 Meter Low Hurdles (30")

300 Meter Int. Hurdles (36")

200 Meter Dash

1600 Meter Run

400 Meter Relay

1600 Meter Relay

PAST CHAMPIONS -- GIRLS TRACK & FIELD -- CROSSROADS CONFERENCE

(before 1971 - unavailable)

<u>YEAR</u>	<u>CHAMPION</u>	<u>SECOND</u>	<u>THIRD</u>
1971	55.0 Shelby	35.0 Hordville	28.5 Benedict
1972	62.0 Shelby	31.0 Hampton	29.5 Hordville
1973	136.0 Shelby	76.0 Hordville	40.0 Bradshaw
1974	105.0 Shelby	58.0 Gresham	42.0 Hordville
1975	80.33 Shelby	62.0 Hordville	52.0 Monroe
1976	73.0 Hordville	62.0 Gresham	59.0 Hampton
1977	102.0 Hordville	72.0 Gresham	67.0 Shelby
1978	83.0 Shelby	81.0 Hordville	63.0 Bradshaw
1979	82.0 Hordville	76.0 Shelby	56.0 Rising City
1980	85.0 Hordville	66.0 Rising City	60.0 Bradshaw
1981	86.0 Rising City	79.0 Giltner	52.0 (TIE) Hampton & Bradshaw
1982	86.0 Giltner	70.0 Shelby	69.0 Hampton
1983	105.0 Giltner	67.5 Fairmont	65.5 Rising City
1984	116.0 Giltner	74.0 Polk	63.0 Bradshaw
1985	94.0 Giltner	89.0 Polk	63.5 Marquette
1986	86.5 Polk	79.0 Exeter	73.0 McCool Jct
1987	93.0 Exeter	82.0 Giltner	79.0 Marquette
1988	108.5 Exeter	98.0 Polk-Hordville	64.0 McCool Jct
1989	116.0 Polk-Hordville	84.0 Hampton	66.0 Exeter
1990	99.0 Hampton	79.0 McCool Jct	71.0 Polk-Hordville
1991	122.0 Polk-Hordville	89.0 Hampton	83.0 Benedict
1992	162.0 Polk-Hordville	90.0 Hampton	53.0 Benedict
1993	130.0 Polk-Hordville	76.0 McCool Jct	73.0 Hampton
1994	113.0 Hampton	95.0 Polk-Hordville	68.0 Giltner
1995	142.0 Polk-Hordville	108.0 McCool Jct	76.0 Friend
1996	109.5 Polk-Hordville	101.0 McCool Jct	73.5 Exeter
1997	134.0 Polk-Hordville	97.0 McCool Jct	89.0 Exeter
1998	134.0 Polk-Hordville	118.0 McCool Jct	89.0 Exeter
1999	101.0 McCool Jct	99.0 Exeter	77.0 Hampton
2000	130.5 McCool Jct	120.5 Exeter/Milligan	85.0 Hampton
2001	107.0 High Plains	77.5 McCool Jct	73.0 Exeter/Milligan
2002	95.0 High Plains	89.0 McCool Jct	74.0 Clay Center
2003	100.0 Hampton	93.0 Exeter/Milligan	77.5 High Plains
2004	153.0 Exeter/Milligan	86.0 High Plains	85.0 McCool Jct
2005	173.0 Exeter/Milligan	96.0 McCool Jct	68.0 Hampton
2006	158.0 Exeter/Milligan	77.0 McCool Jct	71.0 Meridian
2007	104.0 McCool Jct	97.0 Exeter-Milligan	77.0 Giltner
2008	104.1 Meridian	84 Giltner	81.25 Exeter-Milligan
2009	117 Clay Center	75 (Tie) Giltner & Meridian	
2010	107 B-D-S	81 Exeter-Milligan	53 Meridian
2011	86 B-D-S	75 Giltner	65 Exeter-Milligan
2012	87 B-D-S	84 Giltner	66 Exeter-Milligan
2013	122 B-D-S	106 Giltner	92 Exeter-Milligan
2014	122 B-D-S	82 Cross County	77 Giltner
2015	113 Giltner	81 Exeter-Milligan	76 Hampton

PAST CHAMPIONS -- BOYS TRACK & FIELD -- CROSSROADS CONFERENCE

<u>YEAR</u>	<u>CHAMPION</u>	<u>SECOND</u>	<u>THIRD</u>
1951	104 McCool Jct.	48.75 Henderson	35.25 Benedict
1952	61.42 McCool Jct.	55.92 Bradshaw	49.75 Henderson
1953	62.5 Henderson	44 Hampton	34 Bradshaw
1954	52 McCool Jct.	45 Hampton	34.5 Gresham
1955	67 Henderson	44.75 Benedict	41.83 Hampton
1956	58 Henderson	44.22 Hampton	35.11 York St. Joe
1957	45 York St. Joe	37 Henderson	29.75 McCool Jct.
1958	49 McCool Jct.	36 Utica	32.5 Gresham
1959	47.86 York St. Joe	38.71 Utica	28.5 Hampton
1960	80.5 York St. Joe	52 Benedict	18 Bradshaw
1961	59.83 York St. Joe	31.17 Utica	31 Benedict
1962	53 Bradshaw	47.5 Gresham	39.75 Waco
1963	39.5 Hordville	39 Bradshaw	35 Gresham
1964	49.5 Hampton	48 Waco	41.33 Bradshaw
1965	55 Bradshaw	48 York St. Joe	37 Waco
1966	55.75 Waco	38.25 Gresham	35.75 Hampton
1967	70.83 Shelby	59 Hampton	48 Bradshaw
1968	50 Bradshaw	49 Rising City	42.5 Gresham
1969	48 (TIE) Bradshaw and Hampton		37 Gresham
1970	80.5 Bradshaw	60 Benedict	50 Gresham
1971	78 Benedict	68 Shelby	59 Marquette
1972	77.5 Marquette	53.5 Benedict	43.5 Gresham
1973	106 Hampton	71 Marquette	61 Shelby
1974	83.5 Benedict	76 Monroe	67.5 Bradshaw
1975	101 Gresham	89 Hampton	82 Shelby
1976	113 Hampton	74 Marquette	65 Rising City
1977	100 Shelby	80 Hordville	61 Bradshaw
1978	130 Hordville	77 (TIE) Shelby & Hampton	
1979	90 Bradshaw	76 McCool Jct.	74 Hampton
1980	94 Bradshaw	74 Hordville	69.5 Monroe
1981	108 Shelby	77 Rising City	72 Hordville
1982	124.5 Shelby	65 Bradshaw	61.75 Hordville
1983	105 Giltner	96 Marquette	64 Gresham
1984	108 Exeter	93 Marquette	78 Fairmont
1985	110 Exeter	74 Giltner	71 McCool Jct.
1986	91 McCool Jct.	82.33 Exeter	72.33 Hampton
1987	113 Polk	72 Exeter	66 (TIE) Fairmont & McCool Jct.
1988	98 Polk-Hordville	91 Exeter	67 Giltner
1989	93.5 Polk-Hordville	90 Fairmont	84 Exeter
1990	93 Fairmont	79 Polk-Hordville	78 Giltner
1991	128 McCool Jct.	100 Polk-Hordville	95 Giltner
1992	118 Polk-Hordville	97 McCool Jct.	76 Giltner
1993	123 Exeter	108 McCool Jct.	91 Polk-Hordville
1994	134 Exeter	92 Polk-Hordville	76 McCool Jct.
1995	99 Hampton	91 Exeter	76 McCool Jct.
1996	106 Fairmont	99 Friend	73 Exeter
1997	88 McCool Jct.	74 Hampton	70 Fairmont
1998	110.5 Fairmont	98 Hampton	79 Exeter
1999	100 Fairmont	79 Exeter	77 Hampton
2000	104 McCool Jct.	97 Exeter/Milligan	83 Hampton
2001	111 High Plains	59 Friend/Dorchester	56 McCool Jct.
2002	106 High Plains	83 Exeter/Milligan	79 McCool Jct.
2003	116.5 McCool Jct.	101 Clay Center	76 High Plains
2004	148 McCool Jct.	90 High Plains	79 Hampton
2005	146 McCool Jct.	141 High Plains	78 Clay Center
2006	123 McCool Jct.	103 High Plains	102 Clay Center
2007	151 McCool Jct.	109 Hampton	97 High Plains
2008	111 McCool Jct.	110 High Plains	99 Hampton
2009	133 McCool Jct.	98 Hampton	80 Giltner
2010	83 Giltner	77 (Tie) McCool Jct. & Hampton	
2011	107 McCool Jct.	86 Giltner	67 Hampton
2012	164 Giltner	77 McCool Jct.	75 Cross County
2013	131 McCool Jct	100 Giltner	59 Osceola
2014	95.33 McCool Jct.	94 Osceola	84 Giltner
2015	88.00 McCool Jct.	83 High Plains	80 Giltner

Crossroads Conference High School Track & Field Records

(BOYS listed 1st in each event, GIRLS 2nd)

HIGH JUMP	6'6.25"	Brock Wettstead	Fairmont	1999
	5'7"	Steph Thomas	McCool Jct	1987
POLE VAULT	13'6"	Chance Chrisman	McCool Jct	2015
	11'6"	Catherine Mick	BDS	2015
LONG JUMP	22'5.5"	Dale VanHousen	Polk-Hordville	1989
	17'4"	Shelby Garland	BDS	2010
TRIPLE JUMP	45'3.5"	Dale VanHousen	Polk-Hordville	1989
	36'4.25"	Shelby Garland	BDS	2010
SHOT	54'1"	Drew Ott	Giltner	2011
	40'9"	Karmen Lawver	Dorchester	2009
DISCUS	148'9"	Josh Klute	Hampton	1997
	133'8"	Mary Ekeler	Exeter/Milligan	2000
100 METER DASH	10.8	Trevor Carlson	Osceola	2015
	12.2	Jody Shoup	Hordville	1977
200 METER DASH	22.4	Lynn Menke	Marquette	1985
		Aaron Giannou	Cross County	2015
	26.3	Mindi Sealey	Polk-Hordville	1992
400 METER DASH	49.4	Lynn Menke	Marquette	1985
	59.6	Jodi Widga	Polk	1985
800 METER RUN	1:57.7	Lee Richardson	Benedict	1971
	2:21.5	Mindi Sealey	Polk-Hordville	1994
1600 METER RUN	4:38.7	Tim Hoffman	Exeter	1984
	5:26.6	Kayte Tranel	Hampton	2001
3200 METER RUN	9:44.1	Tim Hoffman	Exeter	1984
	11:42.8	Kayte Tranel	Hampton	2001
110 METER HH	14.7	Jimmy Smith	Giltner	1991
100 METER HH	15.0	Catherine Mick	BDS	2015
300 METER IH	40.7	Levi Lindburg	High Plains	2005
300 METER LH	47.0	Jared Hastings	Giltner	2015
		TaLisa Krejci	Exeter/Milligan	2006
400 METER RELAY	45.1	Giltner		2013
	51.7	Kyle Hawthorne, Ben Hinrichs, Ryan Kleier, Christian Leichty BDS Christy Swartzendruber, Jennifer Mick, Jill Schroeder, Catherine Mick		2014
1600 METER RELAY	3:32.6	Cross County		2015
	4:18.1	Tanner Lamoree, Christian Berck, Travis Eller, Aaron Giannou Giltner Randi Janzen, Gussie Rhoades, Dani Most, Abbey Preissler		2012
3200 METER RELAY	8:29.1	Exeter		1984
	10:19.9	Darrel Krejci, Brad Heffelfinger, Ted Hoffman, Tim Hoffman Clay Center Amy Parnell, Molly Miller, Jordan Schmoltd, Shawna Anderson		2001

Gale Arnett Trophy

One of the most coveted individual honors awarded in the Crossroads Conference each year is the Gale Arnett Trophy, which goes to the top boy and girl athletes in the conference track meet.

Called by his coach “a natural ball player and natural athlete,” Gale Arnett was the pitching star of the Aurora Junior Legion Baseball team when he became ill in the summer of 1951. For awhile, it was thought to be a baseball injury, but it wasn’t. After a valiant battle over the next few years - fighting back enough to be able to graduate from Hampton High School in 1954 - Arnett died March 24, 1956, of bone cancer. He was only 20 years old.

At the urging of his Legion coach, Floyd Bagby, Gale’s parents Orville and Irene Arnett, established the Gale Arnett Trophy in his honor. It is the most prestigious individual honor given in the Crossroads Conference and is awarded to the most outstanding boy and girl in the annual track meet. The first winner in 1956 was Doug Bereuter of Utica High School, then a member of the conference. He went on to become a U.S. Congressman from Nebraska. The first recipient of the girls trophy was Steph Thomas of McCool Junction in 1986.

The coaches nominate boys and girls and then vote as to who will have possession of the traveling trophies for the following year.

Gale Arnett was born at Phillips and attended school at Phillips until his family moved to a farm north of Hampton. He graduated from Hampton High and was employed in Minnesota for a short time before he became too ill to work. Besides being a baseball player, Gale played basketball his freshman and sophomore years at Hampton High and ran track.

Bagby, his baseball coach, said in an article written about Gale in 1955, “He was one of the best pitchers in Junior American Legion circles during the years of 1949 and 1950. He seemed to have a sixth sense when it came to playing baseball. He loved the game and gave it his all.” Among his accomplishments were for no-hit, no-run games.

***NOTE: It seems fitting and proper to ask each CRC Girl/Boy High School Track Coach to read to their respective squads the enclosed Biography of Gale Arnett and how the Gale Arnett Trophy became a part of the CRC Track Meet each year. Please read the “Bio” sometime just before the CRC Meet occurs. In this way, the student-athletes in our conference will come to know who Gale Arnett was and why there is a trophy given out each year in his memory, and it just might provide some extra incentive for some.**

Gale Arnett Award Winners

The Gale Arnett trophies are traveling trophies presented to the outstanding boy and girl track participant in the Crossroads Conference Track and Field Meet. The coaches nominate boys and girls and then vote as to whom will have possession of the trophies for the following year. A conference school may nominate more than one athlete for the award. (CRC Handbook, page 3).

<u>Year</u>	<u>Boys (1956 Established)</u>	<u>Girls (1986 Established)</u>
1956	Doug Bereuter, Utica	
1957	Joe White, McCool Jct.	
1958	Bob Lord, McCool Jct.	
1959	Ardean Peter, Hampton	
1960	Miles Otoupal, York St. Joe	
1961	Dennis Carlson, Bradshaw	
1962	Dennis Carlson, Bradshaw	
1963	Bob Goodridge, Bradshaw	
1964	Wayne Dinkleman, Waco	
1965	Jim Watt, Bradshaw	
1966	Jim Watt, Bradshaw	
1967	Mike Voss, Shelby	

1968	Mike Struebing, Rising City	
1969	Mike Struebing, Rising City	
1970	John Appuhn, Bradshaw	
1971	Lee Richardson, Benedict	
1972	Jeff Jacobsen, Marquette	
1973	Brian Hopwood, Shelby	
1974	Brian Hopwood, Shelby	
1975	Kevin Gonnerman, Gresham	
1976	Brad Regier, Hampton	
1977	Terry Richter, Gresham	
1978	Bill Bankson, Hordville	
1979	(Tie) Dan Hall, McCool Jct.	
	(Tie) Allen Troester, Hampton	
1980	Steve Driewer, Bradshaw	
1981	Chris Woodard, McCool Jct.	
1982	Gilbert Hall, McCool Jct.	
1983	Todd Epke, Gresham	
1984	Tim Hoffman, Exeter	
1985	Lynn Menke, Marquette	
1986	Kendall Verhage, Fairmont	Steph Thomas, McCool Jct.
1987	Paul Van Housen, Polk	Steph Thomas, McCool Jct.
1988	Eric Schepers, Fairmont	Sylvia Veit, Polk
1989	Eric Schepers, Fairmont	Marl Haphold, Giltner
1990	Stuart Bridges, Fairmont	Sharon Stansberry, Hampton
1991	Jimmy Smith, Giltner	Leah Quiring, Hampton
1992	Nate Nauman, Giltner	Mindi Sealey, Polk
1993	Nate Nauman, Giltner	Mindi Sealey, Polk
1994	Justin Ogren, Exeter	Mindi Sealey, Polk
1995	Trevor Hoegh, Hampton	Mindi Sealey, Polk
1996	(Tie) Cameron Hudson, Polk	(Tie) Molly Reynolds, McCool Jct.
	(Tie) Jay Theis, Friend	(Tie) Natalie Nauman, Giltner
1997	Ben Garrett, Polk-Hordville	Jenna Sealey, Polk
1998	Ryan Sanley, Rising City	Niki Glasser, Polk
1999	Brock Wettstead, Fairmont	Nicky White, McCool Jct.
2000	Tyson Glasser, Polk-Hordville	Nicky White, McCool Jct.
2001	Tyson Glasser, High Plains	Kayte Tranel, Hampton
2002	(Tie) Preston Parsons, High Plains	Sarah Wolfe, High Plains
	(Tie) Simon Thiel, Clay Center	
2003	Ben Underwood, McCool Jct.	Jordan Schmoltdt, Clay Center
2004	(Tie) Ben Underwood, McCool Jct.	(Tie) Jordan Schmoltdt, Clay Center
	(Tie) Trenton Volkmer, McCool Jct.	(Tie) Aftan Smith, McCool Jct.
		(Tie) J.J. Hall, Exeter/Milligan
2005	Ben Cooney, Clay Center	Aftan Smith, McCool Jct
2006	Ben Cooney, Clay Center	TaLisa Krejci, Exeter-Milligan
2007	Kendall Clark, McCool Jct.	(Tie) Allee Kuska, Exeter-Milligan
		(Tie) Jenny Lockmon, Giltner
2008	Dwayne Wall, Hampton	Kayti Mark - Exeter-Milligan
2009	Chase Chrisman, McCool Jct	Karmen Lawver, Dorchester
2010	Kyle Smith, McCool Jct.	Shelby Garland, B-D-S
2011	D.J. Bamesberger, Hampton	Cynthia Mick, B-D-S
2012	Parker Anderson, Cross County	Brooklyn Swantek, McCool Jct.
2013	Alex Preslicka, McCool Jct.	Brooklyn Swantek, McCool Jct.
2014	Colton Kuhnel, Osceola	Jennifer Mick, B-D-S
2015		