

Irondale Knight's State Champions

Andy Urech	120yd High Hurdles	1970
Dan Erickson	High Jump	1988
Steve Hentges	300 I.M. Hurdles	1992
Kwadwo Mensah	Triple Jump	2000

Irondale Knight's All-State

Bruce Bakke	Discus	1970	3rd	Adam Johnson	Long Jump	1993	8th
Andy Urech	180yd Hurdles	1970	3rd	Adam Johnson	Triple Jump	1993	2nd
	Sprint Medley	1972	4th		4X400M Relay	1993	3rd
Curt Horkey	Pole Vault	1976	5th	Bob Cahow	Pole Vault	1996	8th
Bob Herron	300 Hurdles	1979	2nd	Erik Werner	Triple Jump	1996	3rd
	4X400 M. Relay	1979	2nd	Bob Cahow	Pole Vault	1997	5th
B. Herron,R.Anderson,M.Schommer,J. Herbert				Kwadwo Mensah	Triple Jump	1998	8th
Jim Herbert	400 M. Dash	1980	3rd		4X200 M. Relay	1998	6th
	Sprint Medley	1982	2nd	P. Bernardy, R. Burdick, K. Kane, J. Sauve			
John Sitarz	Shot Put	1983	4th	Kwadwo Mensah	Triple Jump	1999	2nd
Mike Broemer	100 M. Dash	1984	6th	Kwadwo Mensah	Long Jump	2000	6th
Ben Osmond	800 M. Run	1985	6th	Mike Van Beusekom	1600 M. Run	2001	3rd
Ben Osmond	800 M. Run	1987	4th	Mike Van Beusekom	3200 M. Run	2001	6th
Mike Schwartz	Discus	1987	5th	Brian Dahl	300 I.M. Hurdles	2002	8th
Erich Kunzman	110 High Hurdles	1989	3rd	Mike Van Beusekom	1600 M. Run	2002	3rd
Bart Moseman	400 M. Dash	1989	5th	Mike Van Beusekom	3200 M. Run	2002	5th
	4X400 M. Relay	1989	3rd	T.J. Zollinger	Discus	2002	3rd
Steve Carlson	High Jump	1990	5th	Paul LaClaire	100 M. Dash	2003	8th
Mike Heslin	Long Jump	1991	6th	Mike Van Beusekom	1600 M. Run	2003	2nd
Ted Marks	400 M. Dash	1991	3rd	Mike Van Beusekom	800 M. Run	2003	7th
Jon Osmond	800 M. Run	1991	2nd		4X100 M. Relay	2003	4th
Dan Pihlstrom	1600 M. Run	1991	6th	K. Roberts, M. Sheppard, S. Leary, P. LaClaire			
	4X400 M. Relay	1991	4th	Andy Richardson	1,600 M. Run	2006	10th
Ted Marks	400 M. Dash	1992	2nd		4X100 M Relay	2006	
Dan Pihlstrom	1600 M. Run	1992	5th	D.Ogundipe, C. Ojika, D. Bernardy, M. Day		3rd	
Steve Hentges	Long Jump	1992	4th				
	4X400 M. Relay	1992	2nd	Who is Next!		2007	
S. Doherty, J. Osmond, D. Pihlstrom, T. Marks							