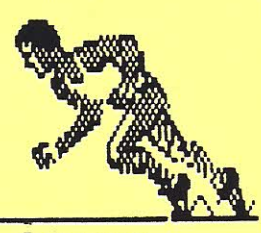


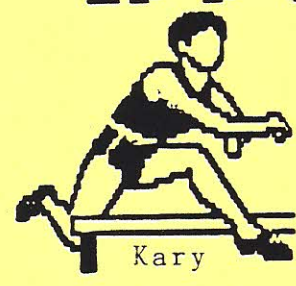
SJO

TRACK

1996



Jamison



Kary



Stearns

**This book is presented by Coach Garrison**

Head Coach: Gary Garrison

Other Coaches: Jim Acklin, Jerry Hewerdine, Mark Murray

Captains: Jon Jamison, James Kary, Jason Stearns

SJO continued its **EXCELLENT TRADITION** in Track and Field. We finished the small meet portion of our season with a **19-5** record for our **24th consecutive winning season**. SJO teams under Coach Garrison's direction have a **308-61** record. Our record in the 90's is **121-8**. We won our 8th consecutive ICC title and our 5th straight Sectional title.

Best of luck to our seniors - always strive to be above average in whatever endeavor you undertake. Develop yourself *physically, spiritually, and mentally* throughout your lives. I have thoroughly enjoyed being a part of your lives. May GOD bless your lives and may your little ones be **"TRACK HOSSES"**.

**VARSITY MVP RYAN JONES**

1. State Qualifier HH and 1600 Relay.
2. Made Semi-Finals in HH with a new Soph. school record.
3. 385 Varsity Points
4. 2nd in Sectional HH and 3rd in 300 hurdles.
5. Clinton Carnival HH Champ

**SOPHOMORE MVP  
PAUL COUSERT**

1. 4th in Sectional 400
2. 2nd in ICC Pole Vault
3. 2nd in Mont. Inv. PV
4. 140 Varsity Points

**MOST IMPROVED AARON FLETCHER**

1995		1996
11.3	100 split	10.9
26.1	200 split	23.8
60.0	400 split	53.9
17'1"	LJ	17"10"
13	Points	125



letters\*

TRACK TEAM 1996

(Varsity Points)

Seniors

Jon Jamison \*\*\*\* 287

James Kary \*\*\* 6

Jason Stearns \*\*\* 236

Sophomores

Mike Benso \*\* 81

Adam Chastain \*\* 119

Paul Cousert \*\* 140

Dirk Doehring \* 112

Ryan Jones \*\* 385

Brad Krall

Joel Marrs\* 11

Aaron Reinhart \* 73

Chris Osterbur \*\* 17

Clinton Rabe \* 50

Brad Wolken \*\* 83

Juniors

Aaron Fletcher \*\* 125

Travis Jelly \* 68

Phil Kesler \* 18

Adam Marriott \*\*\* 257

Freshman

Justin Cross 1

Brad Hart \* 48

Scott Hausle 8

Nathan Houchens \*

Tom Mathis \* 13

Mike McDannald \* 48

Manager

Tina Hodgson \*

Statisticians

Jennifer Olson \*

1996 TEAM RESULTS

BIG MEETS	POINTS	PLACE
Eastern Illinois Univ indoor	47	3rd/28
Illinois State Univ indoor	NO score	40 teams
Monticello Inv	No score	
Monticello Fresh - Soph Inv	76	4th/19
Spartain Classic	71	2nd/20
Clinton Carnival	2nd with 5 events left before lightning storm	
Mahomet-Seymour Inv.	21	11th/30
ICC Conference	156	1st/8
Sectional	84	1st/20
State	3	

SMALL MEETS

SJO 212	Clinton 110	Lincoln 89	St. Teresa 86	Deland 37
SJO 117	Monticello 91	Uni-High 42	Shiloh 5	
SJO 45	Rantoul 90	Champaign Central 47		
SJO 87	Unity 97	Uni-High 55	Bismarck 30	
SJO 62	Ridgeview 81	Mahomet 80	Leroy 46	
SJO 80	Oakland 75	Unity 73	Bismarck 28	











U of I Mini-Meet Feb. 28, 1996

60	Fletcher	6.9	Kary	7.0	Benso	7		
HH	Kary	9.2	Benso	9.3	Mathis	9.3		
200	Fletcher	24.8	Kary	26.0	Cousert	26.3		
	Benso	26.4	Kesler	27.0	Chastain	27.6		
	Compton	28.1	Mathis	28.3	Cross	28.6	Hausle	28.6
Mile	Jamison	4:35.7	Hart	5:14.0				
Shot	Maxwell	35'8"	Reinhart	32'6"	Krall	32'4"		
800 Relay								
Splits	Fletcher	25.8	Kary	26.2	Cousert	26.6		
	Chastain	26.0	Kesler	26.6	Benso	27		
	Hausle	28.9	Cross	28.3	Mathis	29.2		

Mini-Meet Feb. 14, 1996

60	Fletcher	6.8	Cousert	7.4	Compton	7.5		
HH	Benso	9.4						
300	Fletcher	41.3	Cousert	41.4	Benso	41.8	Compton	43.7
Mile	Jamison	4:41.8	McDannald	5:24.5	Hart	5:28.3		
Mile Relay	Cousert	62.2	Benso	64.4	Compton	64.6		
	Fletcher	62.3	Kesler	64.0	Marriott	57.1		
3200 Relay	Marriott	2:11.4	Jamison	2:07.5	Hart	2:22.1	McDannald	2:24.3
Shot	Reinhart	32'0"						
TJ	Benso	34'3"						

Mini-Meet 3-6-96

LJ	Jelly	17'9"						
TJ	Doehring	36'4"	Osterbur	34'10"	Hausle	32'3"	Chastain	28'3"
Shot	Stearns	47'6"	Reinhart	33'9"	Krall	32'4"		
HH	Jones	8.3	Benso	9.1	Mathis	9.6	Marrs	10.2
60	Fletcher	7.0	Jelly	7.1	Jones	7.1	Wolken	7.3
400	Cousert	57.6	Wolken	57.8	Jelly	58.1	Fletcher	58.8
	Doehring	63.9	Kary	59.7	Osterbur	59.9	Benso	61.0
	Cross	64.7	Marrs	64.6	Mathis	64.7		
800	Jamison	2:07.0	Marriott	2:09.6	Hart	2:24.4	McDannald	2:19.5
	Rabe	2:35.1	Kesler	2:35.0				
800 Relay	Fletcher	25.2	Osterbur	26.3	Jones	25.8	Wolken	25.6
	Kary	26.8	Benso	26.8	Cousert	26.3	Stearns	26.1
	Cross	29.4	Hausle	29.2	Mathis	30.7		

EIU Indoor  
Invitational

Meet Champions:

3200 9:56.6 Jon Jamison  
HH 8.0 Ryan Jones

Placers

1600 2nd 4:39.7 Jon Jamison  
800 2nd 2:07.9 Adam Mariot  
TJ 4th 39'0" Dirk Doehring  
800 Relay 4th 1:42.2  
Aaron Fletcher (24.8) Ryan Jones(25.9) Travis Jelly(25.5) Brad Wolken(25.9)  
Shot 5th 45'11" Jason Stearns  
PV 6th 11'0" Paul Cousert

Other Efforts:

PV 9'9" Adam Chastain 400 57.3 Chris Osterbur  
60 6.7/6.8 Aaron Fletcher 1600 5:00.4 Adam Marriott  
1600 Relay 3:51.5 Brad Wolken(57.7) Paul Cousert(58.2) Aaron Fletcher(57.7) Travis  
Jelly(57.8)  
3200 Relay 9:51.8 Mike McDannald (2:19.2) Brad Hart(2:26.1)  
Clint Rabe(2:35.5) Phil Kesler(2:30.8)

Illinois State Indoor

40 teams no score

Meet Champion

HH 7.90 Ryan Jones holy cow!

Placers:

1600 3rd 4:33.2 JON Jamison  
Shot 3rd 46'2" Jason Stearns

Other Efforts:

PV 11'0" Scott Cousert 10'6" Adam Marriott LJ 16"6" Travis Jelly  
Shot 35'9" HH 9.1/9.0 Mike Benso HJ 5'8" Jason Stearns  
55 6.8/6.9/6.9 Aaron Fletcher 7.3/7.4 Mike Benso  
Medley Relay 400 57.5 Chris Osterbur 200 25.2 Aaron Fletcher 200 25.6 Ryan Jones 800 2:06.6  
Jon Jamison  
800 Relay 1:41.1 25.6 Aaron Fletcher 24.9 Ryan Jones  
25.5 Travis Jelly 25.1 Brad Wolken  
1600 Relay 3:52.4 57.8 Paul Cousert 56.5 Brad Wolken  
58.9 Chris Osterbur 59.2 Travis Jelly  
1600 4:53.0 Adam Marriott







Team Score SJO 213 Clinton 110 Lincoln 89 St. Teresa 86 Deland 37  
Fisher 8

EVENT	Winning Effort	1st Place	2nd Place	3rd Place	4th Place	5th Place
High Jump	6'0"		5'10"	5'8"	5'6"	5'4"
		Preston Cl	Moppet Cl	Westing DW	Simpson Lin	Stalter F
Long Jump	20'0"		17'11"	17'2"	16'10"	16'5"
		Austin DW	Jelly SJO	Hutchison Lin	Wolken SJO	Hilgendorf Lin
Triple Jump	36'11"		35'10"	34'11"	34'7"	32'6"
		Osterbur SJO	Doehring SJO	Hutchinson Lin	Barton Cl	Hofforth F
Pole Vault	10'0"		8'0"	7'6"	7'6"	7'0"
		Chastain SJO	Jelly SJO	Meyers CL	Gentry Cl	Meyers Cl
Discus	130'8"		122'6"	119'3"	105'6"	99'7"
		Reinhart SJO	Stearns SJO	Miurbanow ST	Allison Lin	Lowery Cl
Shot	49'10"		40'1"	37'11"	36'2"	35'8"
		Stearns SJO	Miurbanow St	Harris Cl	Wells SJO	Allison Lin
HH	17.2		19.5	19.9	20.1	20.1
		Jones SJO	Barr Lin	Benso SJO	Mathis SJO	Marrs SJO
IH	41.9		45.3	45.6	48.5	48.6
		Hutchinson Lin	Jones SJO	Benso SJO	Primeanx Cl	Marrs SJO
100	12.0		12.1	12.2	12.6	12.7
		Austin DW	Ijams Cl	Walker St	Cambell St	Fletcher SJO
200	25.1		25.1	25.7	25.9	26.7
		Ijams Cl	Wilson Cl	Fletcher SJO	Jones SJO	Walker St
400	56.1		57.2	57.4	58.9	60.7
		Rasho St	Dewilde Lin	Jelly SJO	Schussler St	Emberton DW
800	2:14.1		2:15.4	2:18.3	2:25.1	2:26:00 AM
		Marriott SJO	Simpson Lin	Moore DW	Szues St	Follis Lin
1600	4:58.1		5:03	5:10.4	5:18.8	5:32
		Jamison SJO	Marriott SJO	Barton Cl	McDannald SJO	Johnson Lin
3200	11:08.8		11:16	12:01.8		13:46
		Hart SJO	Johnson Lin	Bean St	Ambergerr Lin	Alexander Cl
400 Relay	47.5		47.8	48.3		
		Clinton	St. Teresa	SJO Fletcher(12.3) Jelly(12.2) Wolken(12.0) Jor		
800 Relay	1:38.5		1:41.3	Fletcher(24.9) Osterbur(26.5) Wolken(24.7) Stearns(25.5)		
		St.Teresa	SJO	Clinton 1:46.9	Fisher 1:54.8	
1600 Relay	3:54.8		3:56.3	Doehring(59.1) Marrs(62.5) Osterbur(58.5) Wolken(56.3)		
		Lincoln	SJO	St. Teresa 3:59.5		
3200 Relay	9:31.4		McDannAld(2:23.5) Kesler(2:26.8) Rabe(2:27.5) Jamison(2:13.3)			
		SJO	St. Teresa 9:31	Clinton 10:05.8		



Team Score SJO 117 Monticello 91 Uni-High 42 Shiloh 5

EVENT	Winning Effort	1st Place	2nd Place	3rd Place	4th Place	5th Place
			5'10"	5'8"	5'4"	5'2"
High Jump	6'0"	Brown M	Fatheree M	Stearns SJO	Lucas M	Hausle SJO
			19'3"	17'10"	17'8"	16'8"
Long Jump	20'4"	Fatheree M	Hurt M	Fletcher SJO	Albaugh M	Graves M
			37'3"	32'7"	30'5"	
Triple Jump	38'7"	Doehring SJO	Graves M	Rabe SJO	Hausle SJO	
			10'6"	9'6"		
Pole Vault	12'0"	Baldwin M	Chastain SJO	Cousert SJO		
			139'9"	131'1"	103'5"	103'
Discus	141'6"	Rhodes M	Reinhart SJO	Stearns SJO	Gentry M	Harp Shil
			45'6"	41'1"	36'1"	34'11"
Shot	48'9"	Stearns SJO	Rhoades M	Benson M	Wells SJO	Hayes M
			18.0	18.2	20.3	20.9
HH	16.2	Jones SJO	Marker M	Hicks M	Mathis SJO	Marrs SJO
			46.4	48.2	48.2	50.2
IH	44.2	Jones SJO	Benso SJO	Hicks M	Marker M	Mathis SJO
			12.4	12.5	12.6	12.7
100	12.2	Hurt M	Wolken SJO	Baldwin M	Fatheree M	Chastain SJO
			25.9	26.0	26.4	27.2
200	25.3	Jones SJO	Wolken SJO	Lucas M	Rhoades M	Mathis SJO
			56.4	57.2	58.5	59.5
400	55.4	Albaugh M	Tonky Shil	Wolken SJO	Shauf M	Strigel M
			2:16.1	2:16.1	2:21.5	2:23.0
800	2:12.2	Jamison SJO	Auler M	Herendeen Uni	Coles Uni	Carishan Uni
			4:42.4	4:53.8	4:55.6	4:58.9
1600	4:41.9	Jamison SJO	Marshall Uni	Reynolds Uni	Helfish Uni	Marriott SJO
			11:52.5	12:19.0		
3200	10:57.3	Marriott SJO	Misztal Uni	Hannah Uni		
		Fletcher (13.1) Cousert(12.5) Wolken(12.8) Jones(11.6)				
400 Relay	50.0	SJO				
		Fletcher(25.9) Cousert(26.4) Doehring(26.0) Stearns(25.7)				
800 Relay	1:44.2	SJO	Uni-High 1:58			
		Doehring(58.0) Fletcher(57.9) Marrs(58.9) Cousert(56.8)				
1600 Relay	3:49.6	Monticello	SJO	UniHigh 4:03		
		Hart Kesler Rabe McDannald				
3200 Relay	9:05.1	Uni-High	Monticello 9:42	SJO 10:04.3		



Team Score Rantoul 90 Champaign Central 47 SJO 45

EVENT	Winning Effort	1st Place	2nd Place	3rd Place	4th Place	Non-Placer
			6'0"	5'8"	5'8"	
High Jump	6'2"	N.Smith Cham	Francis Rant	Smith Rant	St. Peter Champ	
			19'0"	17'10"	17'5"	16'10"
Long Jump	20'2"	Smith Cham	Francis Rant	Smith Rant	Owens Rant	Fletcher SJO
			36'11"	36'9"	34'9"	31'6"
Triple Jump	40'2"	Smith Champ	Meicer Rant	Doehring SJO	Waters Rant	Rabe SJO
			10'0"			
Pole Vault	11'0"	Chastain SJO	Cousert SJO			
			123'0"	120'1"	115'8"	95'5"
Discus	126'6"	Stearns SJO	Reinhart SJO	Bubin Rant	Quinlan Rant	Wells SJO
			46'4"	44'11"	41'8"	37'3"
Shot	47'8"	Quinlan Rant	Stearns SJO	Bubin Rant	Quarles Rant	Wells SJO
			16.0	18.8		
HH	15.9	Smith Champ	Jones SJO	Mathis SJO		
			46.6	47.9	49.6	
IH	44.4	Jones SJO	Cochrane Cham	Waters Rant	Mathis SJO	
			11.5	11.6	11.7	Fletcher 12.5
100	11.5	Warren Champ	McMillen Rant	Wise Champ	Smith Rant	Wolken 12.4
			24.5	24.8	25.0	Kesler 27.2
200	24.2	McMullan Rant	Warren Champ	Ward Rant	Owens Rant	Jones 25.2
			52.9	55.2	56.6	Kesler 61.8
400	52.9	Smith Rant	Wise Champ	Wilson Rant	St.Peter Champ	Wolken 57.0
			2:06.8	2:22.3	2:37.8	
800	2:05.6	Kyrtz Rant	Marriott SJO	McDannald SJO	Sherfield Champ	
			4:59.4	5:03.1	5:06.7	5:18.6
1600	4:57.3	Frisbe Rant	Williams Rant	Kyrtz Rant	Harris Rant	Hart SJO
			10:21.9	11:02.8	11:52.5	
3200	10:02.1	Jamison SJO	Frisbie Rant	Miller Champ	Harris Rant	
		Fletcher(12.6) Cousert(12.1) Wolken Jones				
400 Relay	45.5	Rantoul	Champaign 46.2	SJO 48.7		
		Fletcher(25.6) Cousert(26.3) Doehring(26.3) Stearns(25.4)				
800 Relay	1:36.6	Rantoul	Champ 1:37.4	SJO 1:43.6		
		Cousert(58.2) Doehring(65.5) Wolken(57.7) Marriott(55.6)				
1600 Relay	3:45.8	Rantoul	Champ 3:47.8	SJO 3:57		
		McDannald, Hart, Kesler, Rabe				
3200 Relay	8:57.6	Rantoul	SJO 9:41.9			



## Monticello Invitational

### Meet Champions:

3200	10:06.8	Jon Jamison
1600	4:40.3	Jon Jamison
HH	15.6	Ryan Jones
IH	43.0	Ryan Jones

### Other Placers:

PV	12'0"	2nd	Paul Cousert	10'6"	3rd	Adam Chastain
Discus	137'7"	2nd	Aaron Reinhart			
TJ	38'6"	5th	Dirk Doehring			
IH	44.1	3rd	Michael Benso			
400	55.2	5th	Brad Wolken			
800	2:07.4	2nd	Adam Marriott			
1600	4:46.1	3rd	Adam Marriott			
3200	11:12	7th	Brad Hart			
400 Relay	47.7	6th	Aaron Fletcher	12.4	Travis Jelly	10.8
			Adam Chastain	12.5	Ryan Jones	12.0
800 Relay	1:41.5	5th	Aaron Fletcher	24.8	Travis Jelly	25.0
			Adam Chastain	24.7	Paul Cousert	27.0
1600 Relay	3:38.5	2nd	Paul Cousert	57.8	Ryan Jones	53.4
			Aaron Fletcher	54.2	Adam Marriott	53.4

### Other Efforts:

Discus	98'6"	Ryan Wells
HJ	5'2"	Scott Hausle
TJ	32'9"	Clint Rabe
HH	18.4	Tom Mathis
100	13.5	Cross
200	26.7	Benso, 29.0 Hausle, 27.0 Doehring
400	60.5	Doehring, 61.2 Cross
800	2:26.3	Rabe, 2:30 Kesler
1600	5:02.5	McDannald
3200	11:12	Hart



Team Score  
4-17-96

RIDGEVIEW 81 MAHOMET 80 SJO 62 LEROY 46

EVENT	Winning Effort	1st Place	2nd Place	3rd Place	4th Place	5th Place
			5'6"	5'6"	5'6"	5'4"
High Jump	5'8"	Richards RV	Stearns SJO	Banwart M-S	Baffule LR	Hausle SJO
			17'10"	17'8"	17'0"	16'11"
Long Jump	17'11"	Zimmerman LR	Cavinder RV	Fawler M-S	Brucker RV	Fletcher SJO
			38'6"	37' 11"	36'7"	35'6"
Triple Jump	38'9"	Cavinder RV	O'Dell M-S	Doehring SJO	Rafferty LR	Fowler M-S
			13'6"	10'6"		
Pole Vault	14'1"	Dyer M-S	Marker M-S	Cousert SJO		
			134'3"	127'5"	114'11"	112'10"
Discus	136'1"	Stearns SJO	Reinhart SJO	Mougey M-S	Beiss RV	Hinthorn RV
			42'0"	41'5"	40'2"	38'10"
Shot	48'0"	Stearns SJO	Wilson RV	Mougey M-S	Curry M-S	Reinhart SJO
			16.7	16.9	18.1	18.6
HH	15.6	Jones SJO	Richard RV	Benso SJO	Mathis SJO	Tamburini LR
			44.0	46.7	48.4	48.8
IH	43.6	Jones SJO	Benso SJO	Bloemie LR	Batsie M-S	Mathis SJO
			11.5	11.5	11.6	11.7
100	11.4	Carrion RV	Maxedon LR	Carrion RV	Jameo RV	Brickey LR
			24.2	24.5	25.1	25.3
200	24.1	James RV	Carrion RV	Jones SJO	Ramsey LR	Carrion RV
			53.8	55.7	56.5	56.8
400	53.2	James RV	Wagner M-S	Nolan LR	Fagon M-S	Cousert SJO
			2:09.0	2:11.0	2:12.0	2:13.0
800	2:05.0	Iles M-S	Simpkins LR	Bryant RV	Marriott SJO	Pittman M-S
			4:49.6	4:51.8	4:53.3	4:53.7
1600	4:47.1	Iles M-S	Marriott SJO	Pittman M-S	Alexander M-S	McDannald SJO
			11:02.0	11:09.0	11:28.0	11:56.0
3200	10:28.7	Mock M-S	Alexander M-S	Dewitt M-S	Windle RV	Price RV
		FLETCHER 12.8, JELLY 12.5, CHASTAIN 12.2, JONES 11.1				
400 Relay	45.9	LeRoy	Ridgeview 46.2	Mahomet 47.8	SJO 48.7	
		FLETCHER 25.8, JELLY 26.2, DOEHRING 25.4, STEARNS 25.0				
800 Relay	1:36.3	LeRoy	RV 1:38.5	M-S 1:39.8	SJO 1:42.4	
		COUSERT 58.2, DOEHRING 56.1, CROSS 58.1, FLETHCHER 55.1				
1600 Relay	3:38.9	RV	LR 3:39.3	M-S 3:41.7	SJO 3:47.3	
		RABE 2:31.4, KESLER 2:37.1, HART 2:27.1, MCDANNALD 2:20.0				
3200 Relay	8:54.0	M-S	RV 9:12.0	LR 9:18	SJO 9:56.0	



Team Score  
30

Unity 94 SJO 87 Uni-High 55 Bismarck-Henning  
warm and windy 4-18-96

EVENT	Winning Effort	1st Place	2nd Place	3rd Place	4th Place	5th Place
			5'10"	5'8"	5'3"	5'3"
High Jump	5'11"	Ross Unity	Williamson B-H	Garcer Unity	Jones SJO	Hausle SJO
			18'5"	17'8"	17'3"	17'2"
Long Jump	18'8"	Ross Unity	Hogan Unity	Garcier Unity	Fletcher SJO	Hupfm B-H
			40'2"	39'11"	38'7"	38'6"
Triple Jump	41'2"	Hogan Unity	Moss B-H	Henry Unity	Doehring SJO	Siuts Unity
			10'6"			
Pole Vault	11'0"	Chastain SJO	Cousert SJO			
			141'11"	127'10"	121'2"	120'7"
Discus	142'5"	Reinhart SJO	Stearns SJO	Golden B-H	McGuire B-H	Hausman Unity
			41'8"	41'4"	39'0"	38'10"
Shot	47'2"	Stearns SJO	Reinhart SJO	Hausman Unity	Golden B-H	Holzenass B-H
			15.9	16.9	18.8	18.9
HH	15.6	Jones SJO	Ross Unity	Teague Unity	Benso SJO	Mathis SJO
			44.4	45.5	47.5	51.5
IH	44.2	Ross Unity	Jones SJO	Benso SJO	Teague Unity	Ingram B-H
			11.5	12.3	12.4	12.6
100	11.5	Price Unity	Moss B-H	Dasqpta Unity	Oblos Unity	Wilson Unity
			25.7	25.9	26.4	26.8
200	24.3	Price Unity	Oblos Uni-H	Stearns SJO	Benso SJO	Mathis SJO
			56.7	57.3	59.1	59.3
400	55.4	Moss B-H	Dalton Unity	Siuts Unity	Bognar Uni-H	Marriott SJO
			2:13.7	2:13.7	2:15.2	2:15.3
800	2:13.3	Herendeen Uni-	Reynolds U-H	Marshall U-H	Helfrich U-H	Auler U-H
			5:04.0	5:07.7	5:08.8	5:12.3
1600	4:52.1	Marshall U-H	McDannald SJO	Helfrich U-H	Gorski U-H	Hogan Unity
			10:49.2	11:20.2	11:21.1	11:22.3
3200	10:39.2	Marriott SJO	Menendrop U-H	Graysen U-H	Thompson Unity	Hart SJO
		Fletcher 12.7, Jelly ?, Chastain ?, Doehring 11.7				
400 Relay	48.7	Unity	SJO 50.1	B-H 50.4		
		Fletcher 26.7, Cousert 25.6, Doehring 25.6, Stearns 25.1				
800 Relay	1:42.6	SJO	Unity 1:42.9	U-H 1:47.9		
		Fletcher 59.2, Jones 55.6, Doehring 57.3, Marriott 57.3				
1600 Relay	3:46.7	Unity	SJO 3:49.6	U-H		
		McDannald 2:21, Kesler ?, Rabe ?, Houchens 2:30				
3200 Relay	9:17.8	U-H	Unity 9:30.2	SJO 9:48.7		







**20 Teams**

**Top 4**

Monticello 101

**SJ-0 71**

Georgetown-RF 52

Mahomet-S. 48

**SPARTAN CLASSIC**

**Meet Champions:**

3200	Jon Jamison	10:20.3
F-S HH	Ryan Jones	16.2
1600 Relay	Aaron Fletcher (56.4) Ryan Jones (55.7)	
	Dirk Doehring (56.6) Adam Marriott (56.0)	

**Other Placers:**

PV	3rd	Paul Cousert	11'0"
	4th	Adam Chastain	11'0"
Shot	4th	Jason Stearns	48'11"
Discus	4th	Jason Stearns	139'1"
	5th	Aaron Reinhart	138'6"
F-S HH	4th	Michael Benso	17.7
800	5th	Adam Marriott	2:11.1
F-S 400	3rd	Paul Cousert	57.2
300 IH	2nd	Ryan Jones	42.8
	5th	Mike Benso	44.7
1600	2nd	Jon Jamison	4:53.2
	4th	Adam Marriott	4:54.4
F-S 400 Relay	48.8	3rd Ryan Jones 12.0	Paul Cousert 12.9
		Adam Chastain 12.3	Dirk Doehring 11.6
Var 400 Relay	48.8	6th Aaron Fletcher 13.0	Jason Sterns 11.9
		Adam Chastain 12.3	Dirk Doehring 11.6

**Other Efforts**

TJ	39'3"	Doehring
HH	18.3/18.4	Mathis
F-S/600	5:06.6	McDannald
200	25.1	Kary
F-S 200	26.3	Benso
Shot	41'1"	Reinhart
100		Kary
800	2:26.6	Kesler



Team Score SJO 80 Oakland 75 Unity 73 Bismarck 28 WINDY  
5-6-96 AT PARKLAND

EVENT	Winning Effort	1st Place	2nd Place	3rd Place	4th Place	5th Place
			5'10"	5'8"	5'2"	5'0"
High Jump	<b>5'10"</b>	Hunt O	Williamson B-H	Garcier U	Hausle SJO	Thompson U
			19'0"	18'11"	18'11"	18'4"
Long Jump	<b>19'5"</b>	Hogan U	Lutz O	Kanitz O	Garcier U	Chastain SJO
			41'3"	38'7"	37'2"	37'1"
Triple Jump	<b>41'5"</b>	Moss B-H	Hogan U	Siuts U	Doehring SJO	Zeien O
Pole Vault	<b>No vault meet held at Parkland</b>					
			131'10"	129'0"	116'4"	112'10"
Discus	<b>144'5"</b>	Reinhart SJO	Stearns SJO	McGuire B-H	Golden B-H	Holycross B-H
			39'11"	39'3"	38'2"	36'8"
Shot	<b>45'11"</b>	Stearns SJO	Strader O	Hausman U	Reinhart SJO	Golden B-H
			16.7	18.2	18.6	19.2
HH	<b>15.5</b>	Jones SJO	Teague U	Zeien O	Benso SJO	Clap O
			43.3	43.8	46.4	48.2
IH	<b>42.7</b>	Clapp O	Hunt O	Jones SJO	Teague U	Benso SJO
			11.2	11.5	11.5	12.0
100	<b>11.0</b>	Clapp O	Moss B-H	Price U	Lutz O	Fletcher SJO
			25.7	26.2	26.5	27.1
200	<b>25.3</b>	Kanitz O	Suits U	Pilkington B-H	Cousert SJO	Benso SJO
			55.2	55.2	56.0	59.7
400	<b>54.3</b>	Hunt O	Price U	Suitz U	Cousert SJO	Cross SJO
			2:14.7	2:19.4	2:23.6	2:24.9
800	<b>2:12.1</b>	Mohr U	Rabe SJO	Clapp O	Hart SJO	Roberts U
			5:10.9	5:14.9	5:21.3	5:27.9
1600	<b>4:52.2</b>	Marriott SJO	Hogan U	McDannald SJO	Clapp O	Thompson U
			10:57.1	11:16.2	11:31.6	12:15.6
3200	<b>10:56.1</b>	McDannald SJO	Thompson U	Hogan U	Mohr U	Houchens SJO
		JONES(11.7) STEARNS(11.0) FLETCHER(10.9) DOEHRING(12.5)				
400 Relay	<b>46.2</b>	Oakland	Unity 47.1	SJO 47.1		
		FLETCHER(24.3) STEARNS(25.6) DOEHRING(23.9) BENSO(26.0)				
800 Relay	<b>1:37.9</b>	Oakland	SJO 1:39.8	B-H 1:46.6		
		FLETCHER(56.4) JONES(56.2) DOEHRING(55.5) MARRIOTT(56.5)				
1600 Relay	<b>3:41.8</b>	Oakland	SJO 3:44.7	Unity 4:12.8		
		RABE(2:14.9) HART(2:23.6) KESLER(2:29.4) MARRIOTT(2:24.0)				
3200 Relay	<b>9:32.0</b>	SJO	Unity 9:39.0	B-H 10:10.0		



## Clinton Carnival

SJO placed 2nd out of  
18 teams in a storm  
shortened meet.

### Meet Champions:

Discuss Jason Sterns 142'11"  
H Ryan Jones 15.9  
800 Adam Marriott 2:04.2

### Other Placers

Shot 2nd Jason Stearns 50'2"      Discuss 3rd Aaron Reinhart  
136'6"  
Pole Vault 2nd Adam Chastain 12'0"      3rd Paul Cousert 11'6"

### Other Efforts

HJ Scott Hausle 5'2"      LJ Adam Chastain 16'2"  
TJ Dirk Doehring 39'4"      Shot Aaron Reinhart 37'11"  
H Mike Benso 17.7      800 Nate Houchens 2:19.6  
100 Adam Chastain 12.6      200 James Kary 24.9  
Dirk Doehring 12.3      Tom Mathis 25.7

3200 Relay 9:13.5      Mike McDannald 2:18.9      Nathan Houchens  
2:19.9  
Clinton Rabe 2:17.1 Brad Hart 2:17.6  
400 Relay 47.4      Ryan Jones 12.1      Jason Sterns 11.4  
Tom Mathis 12.3      Aaron Fletcher 11.2



SJO scored 11th out of  
30 teams with 21 points

### Mahomet-Seymour Invitational

#### Meet Champ

HH 15.4 Ryan Jones Holy Cow !!!!!

#### Other Placers:

800 3rd 2:03.1 Adam Marriott  
11- 4th 42.2 Ryan Jones  
Shot 4th 50'3 1/4 Jason Stearns  
PV 5th 11'6 Paul Cousert  
400 Relay 6th 46.5 Ryan Jones (12.2) Jason Stearns (11.7)  
Aaron Fletcher (11.4) Travis Jelly (11.2)

#### Other Efforts:

PV 10'6 Adam Chastain TJ 37'10" Dirk Doehring  
Discus 132'0 Jason Stearns 130'4" Aaron Reinhart  
LJ 17'5" Adam Chastain 100 13.1 Tom Mathis  
HH 18.2 Mike Benso 800 2:32 Phil Kesler  
200 24.4 Travis Jelly 26.4 Tom Mathis  
400 54.5 Brad Wolken 56.2 Paul Cousert  
1600 5:07.4 Mike McDannald 5:13.0 Brad Hart  
H 43.4 Mike Benso  
3200 Relay 9:06.0 Rabe (2:14.1) McDannald (2:14.3)  
Houchens (2:17.0) Hart (2.21)  
800 Relay 1:39.2 Fletcher (25.1) Stearns (25.0)  
Doehring (24.9) Jelly (24.2)  
1600 Relay 3:40.3 Fletcher (54.7) Jones (55.7)  
Doehring (55.0) Marriott (54.9)



	<u>TOP 3</u>
SJO	156
G-RF	156
UNITY	62
OAKWOOD	61

### VARSITY ICC

#### MEET CHAMPIONS:

SHOT PUT: JASON STEARNS 49' 1/2"  
 PV: ADAM CHASTAIN 11' 6"  
 3200: JON JAMISON 9:58  
 HH: RYAN JONES 15.3  
 800: ADAM MARRIOTT 2:05.9  
 1600: JON JAMISON 4:45.4  
 1600 R: PAUL COUSERT (56.4) BRAD WOLKEN (56.4) RYAN JONES  
 (55.1) DIRK DOEHRING (54.9)

#### OTHER PLACERS:

PV: PAUL COUSERT 11' 0" 2ND  
 LJ: BRAD WOLKEN 18' 3" 5TH  
 DISCUS: JASON STEARNS 135' 4" 3RD  
 HH: TOM MATHIS 18.4 4TH  
 800: CLINTON RABE 2:14 4TH  
 400: PAUL COUSERT 56.0 3RD BRAD WOLKEN 56.1 4TH  
 IH: RYAN JONES 44.7 2ND MIKE BENSO 45.4 3RD  
 1600: ADAM MARRIOTT 4:49.9 2ND  
 200: AARON FLETCHER 24.7 3RD TRAVIS JELLY 25.3 4TH  
 3200 R: CLINTON RABE (2:18.5) PHIL KESLER (2:26.6) NATHAN  
 HOUCHEMS (2:18.3) BRAD HART (2:17.0) 2ND  
 400 R: RYAN JONES (12.1) JASON STEARNS (11.9) AARON  
 FLETCHER (11.3) TRAVIS JELLY (11.6) 46.9 3RD  
 800 R: AARON FLETCHER (24.4) JAMES KARY (25.7) DIRK  
 DOEHRING (24.8) TRAVIS JELLY (24.8) 1:39.7 2ND

#### OTHER EFFORTS:

LJ: ADAM CHASTAIN 17' 3"  
 TJ: DIRK DOEHRING 37' 9" ADAM CHASTAIN 33' 9"  
 HJ: JASON STEARNS 5' 6" SCOTT HAUSLE 5' 4"  
 SHOT PUT: JAMES KARY 37' 7"  
 DISCUS: JAMES KARY  
 100: JAMES KARY 12.2 DIRK DOEHRING 12.2  
 3200: MIKE McDANNALD 11:05



SECTIONAL

MEET CHAMPIONS!

Top 3

SJO 84

GRF 83

M.S. 60

Meet Champions:

**Our Team**

3200	10:01.2	Jon Jamison
800	2:02.4	Adam Marriott

Other State Qualifiers:

Shot	2nd	50'2"	Jason Stearns
Discus	5th	146'0"	Jason Stearns
HH	2nd	15.6	Ryan Jones
1600	2nd	4:37.7	Jon Jamison
1600 rel.	2nd	3:35.3	Fletcher 53.9, Wolken 54.7, Jones 53.2, Doehring 53.5

Other Placers:

PV	3rd	12'04"	Adam Chastain
HH	5th	17.4	Mike Benso
IH	3rd	41.7	Ryan Jones
400	4th	55.4	Paul Cousert
1600	5th	4:41.2	Adam Marriott
IH	5th	43.7	Mike Benso
3200 rel.	3rd	8:58.5	Rabe 2:12.4, McDonald 2:12.9, Houchens 2:14.9, Hart 2:18.4
800 rel.	5th	1:36.7	Fletcher 23.8, Wolken 24.9, Doehring 23.1, Jelly 23.9

Other Efforts:

HJ	5'6"	Hausle	TJ	37'5"	Doehring
Discus	139'9"	Reinhart	100	11.8	Jelly
400	60.1	Mathis	200	26.3	Kary
800	2:13.4	Rabe	200	27.0	Mathis
PV	NH	Cousert			
400 rel.	47.3	Jones 12.0, Stearns 12.4, Fletcher 11.4, Jelly 12.3			

AREA BEST MEET

5-20-96

52 schools

Shot 6th 46'5" Jason Stearns

Discus 4th 151'11" Jason Stearns  
7th 128'1" Aaron Reinhart

PV 4th 11'6" Adam Chastain

HH 4th 15.7 Ryan Jones

800 5th 2:07.0 Adam Marriott

1600 2nd 4:39.9 Jon Jamison

1600 Relay 4th 3:39.5 Aaron Fletcher 54.1 Ryan Jones 54.6  
Brad Wolken 54.6 Dirk Doehring 55.1

3200 Relay 7th 9:15.2 Clinton Rabe Mike McDannald  
Nathan Houchens Brad Hart

IHSA STATE MEET

ALL-STATER

**3200 9:51 6TH JON JAMISON**

**HOLY COW!!!!!!!!!!!!!!**

OTHER EFFORTS

DISCUS: 141'10" JASON STEARNS (made the finals and placed 12th)

SHOT: 46'1" JASON STEARNS

HH prelims 15.1/15.36AT RYAN JONES  
semis 15.3/15.50AT missed finals by 1 place

800 2:02.3/2:02.56AT ADAM MARRIOTT  
missed finals by .12

1600 RELAY 3:38.59 AARON FLETCHER 54.8 RYAN JONES 54.6  
BRAD WOLKEN 55.2 DIRK DOEHRING 53.9



## ST. JOSEPH-OGDEN TRACK AND FIELD RECORDS

<u>Event</u>	<u>Name</u>	<u>Performance</u>	<u>Year</u>
100 M Dash	Bryan Benso	11.0	1986
	Ryan Ring	11.0	1993
200 M Dash	Neal Garrison	22.18	1991
110 M HH	Bryan Benso	14.4	1986
300 M LH (30")	Bryan Benso	37.65 AT*	1986
300 M IH (36")	Neal Garrison	39.0	1991
400 M Dash	Ryan Ring	50.4	1993
800 M Run	Brian Allen	1:55.4	1993
1600 M Run	Brian Allen	4:22.9	1993
3200 M Run	Jon Jamison	9:36.2	1996
Shot Put	Keith Pogue	52' 1 1/2"	1985
Discus	Ryan Buss	153' 2"	1995
Long Jump	Ken Waltsgott	23' 6"	1986
Triple Jump	Ken Waltsgott	45' 1 1/2"	1986
High Jump	Bryan Benso	6' 8"	1986
Pole Vault	Kipp Batty	13' 6"	1992
400 M Relay	Ryan Ronk Neal Garrison Matt Talbott Dave Lannert	44.3	1991
800 M Relay	Darrin Kaisner Ryan Ring Daryl Brower Dylan Maddox	1:32.5	1993
1600 M Relay	Daryl Brower Ryan Ring Daton Kaisner Dylan Maddox	3:25.5	1993
3200 M Relay	Melvin Goodman Ryan Ring Nathan Buss Brian Allen	8:05.2 8:05.49 AT*	1992

ST. JOSEPH-ODDEN TRACK AND FIELD RECORDS

F-S 400 M Relay	Ryan Ronk Daryl Brower Dylan Maddox Ryan Craig	46.0	1991
F-S 800 M Relay	Lornie Ring Mike Eiskamp Kim Broeker Dean Danner	1:38.6	1969
F-S 1600 M Relay	Jim LeRette Dave Immke Darren Karrick Bryan Benso	3:41.2	1984
F-S 3200 M Relay	Mel Goodman Ryan Ring Andy Ingram Nathan Buss	8:30.2	1990

Varsity Indoor Records

300 yd.	Bryan Benso	32.4	1986
60 yd.	Neal Garrison	6.45	1991
60 HH	Bruce Bennet	7.6	1989
600 yd.	Dave Immke	1:18.4	1987

\*AT - Automatic Timing State Meet

1986	Bryan Benso	High Jump
1993	Kipp Betty	500 M Relay
1991	Ryan Ronk Neal Garrison Matt Talbot Dave Lannert	800 M Relay
1993	Daryl Brower Ryan Ring Daton Kaiser Dylan Maddox	1500 M Relay
1993	Melvin Goodman Ryan Ring Nathan Buss Brian Allen	3200 M Relay