

Updated: 1-14-2025

FRCC Boys Track and Field Individual State Champions

<u>Year</u>	<u>Name</u>	<u>School</u>	<u>Time/Distance/Height</u>	<u>Division</u>
<u>400M Dash</u>				
2009	Mike Wetzel	Ashwaubenon	48.95	D1
2010	Connor Stengel	Sheboygan North	48.24	D1
2016	Jose Guzman	Ashwaubenon	47.53	D1
2017	Jose Guzman	Ashwaubenon	47.89	D1
<u>1600M Run</u>				
2017	Tanner Wagner	Ashwaubenon	4:15.77	D1
<u>110M High Hurdles</u>				
2008	Jim Hodgson	De Pere	14.42	D1
<u>300M Intermediate Hurdles</u>				
2011	Thurgood Dennis	Notre Dame Academy	38.12	D2
2015	Eric Fogltanz	Manitowoc	37.82	D1
2021	Luke Schroeder	Ashwaubenon	38.07	D1
<u>400M Relay</u>				
2013		Green Bay Preble	41.98	D1* ¹
Robert Starnes, Will Daniels, Corey Cegelski, Jake Wallenfang				
<u>1600M Relay</u>				
2015		Ashwaubenon	3:18.74	D1
James Morgan, Jose Guzman, Nate Holly, Jon Gregory				
<u>3200M Relay</u>				
2023		Notre Dame Academy	8:00.16	D2
Joe Stumpf, Federrico Auricchio, Joe Hunt, Isaac Nowak				
<u>High Jump</u>				
2011	Mike Fisher	Green Bay East	6' 8"	D1
2015	Zachery Lorbeck	Bay Port	6' 7"	D1
<u>Pole Vault</u>				
2013	Jake Wallenfang	Green Bay Preble	16' 0"	D1* ²
2015	Dan Becker	Sheboygan North	15' 0"	D1
2017	Lucas McCormick	Green Bay Preble	15' 3"	D1

2024	Augustus Counard-Ciechan	Green Bay Preble	16' 1"	D1
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Long Jump

2014	Robert Starnes	Green Bay Preble	23' 5.25"	D1
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2015	Zachery Lorbeck	Bay Port	23' 3"	D1
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2017	Cordell Tinch	Bay Port	24' 2.25"	D1
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Triple Jump

2017	Cordell Tinch	Bay Port	49' 2.25"	D1* ³
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2024	Andrew Cartier	De Pere	48' 5.25"	D1
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Discus

2015	Cole Van Lanen	Bay Port	183' 8"	D1
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2023	James Flanigan	Notre Dame Academy	177' 10"	D2
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Shot Put

2011	Kaleb Wendricks	Bay Port	60' 1.75"	D1
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2015	Cole Van Lanen	Bay Port	62' 0"	D1
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2016	Cole Van Lanen	Bay Port	59' 10.75"	D1
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2024	James Flanigan	Notre Dame Academy	59' .75"	D2
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*¹ Broke State 400M Relay Record in the prelims with a time of 41.50 - held for 5 years.

*² Broke State Pole Vault Record - held for 1 year.

*³ Current State Triple Jump Record