

MCAC Individual State Champions

Heavyweight Class (285)

- 1970 Scott Robinson, Metropolitan
- 1971 Dave O'Reilly, Rochester
- 1972 Chuck Seifert, Rochester
- 1973 Chuck Seifert, Rochester
- 1974 Joe Dehler, Crookston
- 1975 Dave Rom, Itasca
- 1976 Dave Rom, Itasca
- 1977 Richard Hodge, Golden Valley
- 1978 Kelly Aalfs, Willmar
- 1979 Jim Wychor, Worthington
- 1980 Dave Kofoed, Willmar
- 1981 Tom Luck, Anoka Ramsey
- 1982 Daryl Tysdal, Fergus Falls
- 1983 Daryl Tysdal, Fergus Falls
- 1984 Dave Steffl, Worthington
- 1985 Craig Hawkinson, Rochester
- 1986 Fred Maroschek, Itasca
- 1987 Terry Ullom, Willmar
- 1988 Barney Drenth, Worthington
- 1989 Don Fitzsimonds, Anoka Ramsey
- 1990 Jeff Flecke, Willmar
- 1991 Kyle Claassen, Fergus Falls
- 1992 Jeremy Pease, Rochester
- 1993 Tony Kenning, Willmar
- 1994 Tony Kenning, Willmar
- 1995 Karl Johnson, Rochester
- 1996 Jeff Barrett, Willmar
- 1997 Jesse Barrett, Willmar
- 1998 Simon Kern, Itasca
- 1999 Travis Wiuff, Rochester
- 2000 Chad Kostecka, Itasca
- 2001 Chad Kostecka, Itasca
- 2002 Karl Knothe, MN West
- 2003 Mike Redman, Ridgewater
- 2004 Tim Johnson, Ridgewater
- 2005 Tim Johnson, Ridgewater
- 2006 Chris Miller, Itasca
- 2007 Chris Miller, Itasca
- 2008 Peter Christian Ridgewater
- 2009 Cody Kinney Ridgewater

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1970 Jim LeClair, Crookston
1971 Ken Vogt, Willmar
1972 Ken Vogt, Willmar
1973 Gary Nelson, Willmar
1974 Joe Maudry, Willmar
1975 Jay Columbus, Itasca
1976 Greg Moe, Rochester
1977 Scott Schmitt, Rochester
1978 Milt Westlund, Willmar
1979 Don Dahin, Rochester
1980 Dick Plombon, Willmar
1981 Dick Plombon, Willmar
1982 Earl McNamara, Waseca
1983 Steve Voss, Willmar
1984 Roger Rahm, Anoka Ramsey
1985 Bryan Hagen, Worthington
1986 Bryan Hagen, Worthington
1987 Dean Jennissen, Willmar
1988 Dale Herbst, Willmar
1989 Jim Denny, Itasca
1990 Jarid Sutter, Anoka Ramsey
1991 Marty Alger, Itasca
1992 Wes Fenlason, Itasca
1993 Wes Fenlason, Itasca
1994 Aaron Swanson, Willmar
1995 Larry Liljenquist, Itasca
1996 Joe Burgess, Itasca
1997 Luke Wren, Ridgewater
1998 Luke Wren, Ridgewater
1999 Aaron Vogt, Ridgewater
2000 Lee Hilter, Ridgewater
2001 Dan Moravetz, MN West
2002 Lukas Pohlmeier, Ridgewater
2003 Josh Janousek, Ridgewater
2004 Nate Buys, MN West
2005 Kevin Raasch, Rochester
2006 Ethan Vogt, Ridgewater
2007 Brent Mason, Ridgewater
2008 Chris Hermann, Rochester
2009 Skip Johnson Itasca

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1970 Curt VanMevern, Worthington
1971 John Witham, Normandale
1972 Jay Columbus, Itasca
1973 Jay Columbus, Itasca
1974 Jeff Blixt, Anoka-Ramsey
1975 Greg Moe, Rochester
1976 Lon Holien, willmar
1977 Lee Strom, Worthington
1978 Ken Brown, Itasca
1979 Mike Prinsen, Waseca
1980 Orrin Dahl, Rochester
1981 Bob Fury, Rochester
1982 Joe Gross, Crookston
1983 Paul Webster, Willmar
1984 Ted Bullerman, Worthington
1985 Ted Bullerman, Worthington
1986 Rick Valli, Willmar
1987 Dale Herbst, Willmar
1988 Craig Moe, Willmar
1989 Jim Bebeau, Anoka Ramsey
1990 Bill Gabler, Willmar
1991 Justin Blasius, Worthington
1992 Justin Blasius, Worthington
1993 Dan Glazier, Worthington
1994 Shawn Gilbertson, Willmar
1995 Joe Burgess, Itasca
1996 Bill Ram, Fergus Falls
1997 Brandon Holmberg, Ridgewater
1998 Brandon Holmberg, Ridgewater
1999 Jason Waln, Itasca
2000 Jason Waln, Itasca
2001 Dave Mueller, Itasca
2002 Josh Janousek, Ridgewater
2003 Corey Feltman, Ridgewater
2004 John Koons, Ridgewater
2005 Dallas Mitchell, MN West
2006 Dallas Mitchell, MN West
2007 Aaron Young, Itasca
2008 Nathan Clements, Rochester
2009 Devin Clark Rochester

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1970 Dan Amborn, Fergus Falls
1971 Al Goeden, Itasca
1972 Chris Barck, Rochester
1973 Jerry Kockelman, Worthington
1974 Stave Fladeboe, Willmar
1975 Jeff Stannes, Crookston
1976 Gordon Molenaar, Willmar
1977 Bryan Vulcan, Worthington
1978 Tom Conlan, Waseca
1979 Dave Kampa, Willmar
1980 Pat Quesnel, Worthington
1981 Mike Prinsen, Waseca
1982 Randy Wirtjes, Rochester
1983 Scott Dyer, Willmar
1984 Scott Dyer, Willmar
1985 Dale Schmitz, Rochester
1986 Stephen Klarich, Anoka Ramsey
1987 Rick Valli, Willmar
1988 Joe Giacometto, Brainerd
1989 Steve Carlson, Brainerd
1990 Steve Carlson, Brainerd
1991 Shawn Messner, Anoka Ramsey
1992 Dan Glazier, Worthington
1993 Sean Kramer, Fergus Falls
1994 Jason Picht, Fergus Falls
1995 Mike Goebel, Itasca
1996 Mike Goebel, Itasca
1997 Chad Kranz, Ridgewater
1998 Jack Huebsch, Itasca
1999 John Lorenz, Rochester
2000 Dave Strack, Itasca
2001 Mark Iverson, Itasca
2002 David Salmen, Ridgewater
2003 Travis Birhanzi, Ridgewater
2004 Travis Birhanzi, Ridgewater
2005 Mitch Mystic, Itasca
2006 Kasey Meiners, Rochester
2007 Cody Pahan, Ridgewater
2008 Trent Molacek, Ridgewater
2009 Ethan Hackbarth Rochester

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1970 Kerry Rasmussen, Anoka Ramsey
1971 Kerry Rasmussen, Anoka Ramsey
1972 John Bergeson, Anoka Ramsey
1973 Steve Wenker, Willmar
1974 Jerry Schmitz, Willmar
1975 Paul Olson, Willmar
1976 Don Krusemark, Rochester
1977 Gene Castello, Bethany
1978 Paul Wilcze, Itasca
1979 John Ohly, Rochester
1980 Gerald Eichten, Rochester
1981 Ron Adams, Anoka Ramsey
1982 David Johnson, Rochester
1983 David Johnson, Rochester
1984 Bill Benson, Worthington
1985 Ron Terres, Willmar
1986 Mark Negaard, Worthington
1987 Kelvin Weber, Worthington
1988 Leon Bullerman, Worthington
1989 Leon Bullerman, Worthington
1990 Mike Weinand, Anoka Ramsey
1991 Jim Carlson, Brainerd
1992 Scott Skagen, Fergus Falls
1993 Jason Widman, Itasca
1994 Todd Hodnefield, Willmar
1995 Jason Widman, Itasca
1996 Jay Mahoney, Willmar
1997 Jake Huebsch, Itasca
1998 Brian Bester, Ridgewater
1999 Dana Gostomczik, Itasca
2000 Dana Gostomczik, Itasca
2001 Todd Gregg, Itasca
2002 Bryan Cowdin, MN West
2003 Ricky Ties, Rochester
2004 Matt Houtsma, Ridgewater
2005 Matt Steffenson, Itasca
2006 Aaron Young, Itasca
2007 Jarrett Hall, Ridgewater
2008 Luke Evjen, Rochester
2009 Luke Evjen Rochester

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1970 Wayne Paplaw, Worthington
1971 Wayne Paplaw, Worthington
1972 Tom Godeden, Itasca
1973 Bruce Campbell, Worthington
1974 Dave Frish, Worthington
1975 Curt Johnson, Itasca
1976 Paul Wilczek, Itasca
1977 Paul Lippert, Willmar
1978 Dave Bonk, Willmar
1979 Dave Bonk, Willmar
1980 Tim Molitor, Waseca
1981 Phil Sowers, Willmar
1982 Mark Waltalla, Willmar
1983 Mark Waltalla, Willmar
1984 Jeff Sladek, Anoka Ramsey
1985 Tim Labat, Willmar
1986 Dennis McNamara, Rochester
1987 Scott Lewison, Rochester
1988 David Haas, Willmar
1989 David Haas, Willmar
1990 Russ Smith, Itasca
1991 Dave Bullerman, Worthington
1992 Darren Heldman, Brainerd
1993 Cad Krippner, Rochester
1994 Scott Hoeft, Willmar
1995 Ray Wilhelm, Rochester
1996 Jesse Bakalyar, Willmar
1997 Greg Egeland, Ridgewater
1998 Paul Arens, Ridgewater
1999 Jim Martin, Ridgewater
2000 Nate Hanson, MN West
2001 Brian Parlin, Rochester
2002 Brian Parlin, Rochester
2003 Danon Anderson, Ridgewater
2004 Matt Reinke, MN West
2005 Jarret Hall, Ridgewater
2006 Dusty Myers, Ridgewater
2007 Ryan Orel, Worthington
2008 Michael Ourada, Ridgewater
2009 Chase Tempel Ridgewater

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1970 Bruce Hedlund, Fergus Falls
1971 Phil Ryan, Rochester
1972 Steve Borders, Brainerd
1973 Dan Schindle, Rochester
1974 Rod Weller, Willmar
1975 Jeff Nelson, Rochester
1976 Lon Kuanli, Willmar
1977 Lon Kuanli, Willmar
1978 Bruce Moe, Rochester
1979 Dennis Staks, Willmar
1980 Collin Roetman, Worthington
1981 Shea Kennedy, Willmar
1982 Jeff Sladek, Anoka-Ramsey
1983 Rick Dom, Willmar
1984 Dave Venem, Crookston
1985 Doug Bank, Willmar
1986 Doug Bank, Willmar
1987 Wade Hanson, Willmar
1988 Joe Seeger, Itasca
1989 Joe Seeger, Itasca
1990 Dave Bullerman, Worthington
1991 Troy Haglund, Willmar
1992 Scott Vancura, Worthington
1993 Adam Steege, Fergus Falls
1994 Adam Steege, Fergus Falls
1995 Tom Ritchie, Itasca
1996 Bruce Kenning, Willmar
1997 Randy Smith, Rochester
1998 Randy Smith, Rochester
1999 Nate Hanson, MN West
2000 Nate Lundeen, Itasca
2001 Matt Phillippi, Ridgewater
2002 Carey Vanier, Ridgewater
2003 Mitch Bunne, Rochester
2004 Kyle Trout, Itasca
2005 Brad Mallum, Itasca
2006 Clay Hoeck, Ridgewater
2007 Justin Turek, Ridgewater
2008 Greg Skerik, Ridgewater
2009 Trevor Krueger Ridgewater

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1970 Jerry Snelsinger, Itasca
1971 Dave Kalkman, Willmar
1972 Dean Todd, Rochester
1973 Charlie Blixt, Anoka-Ramsey
1974 Rick Clark, Rochester
1975 Randy Baker, Worthington
1976 Randy Zimmer, Worthington
1977 Mark Siemon, Willmar
1978 Tom Burke, Waseca
1979 Curt Wild, Golden Valley
1980 Gerry Crawford, Worthington
1981 Tim Anderson, Willmar
1982 Russ Johnson, Anoka Ramsey
1983 Rob Martin, Itasca
1984 Al Bastian, Willmar
1985 Al Bastian, Willmar
1986 Dave Fernholz, Worthington
1987 Curt Haag, Rochester
1988 Dave Hilliard, Brainerd
1989 Glenn Haag, Rochester
1990 Grand Schmidt, Worthington
1991 Chad Gage, Willmar
1992 Dennis Tragstad, Rochester
1993 Mike O'Brien, Itasca
1994 Mark Burgard, Itasca
1995 Chad Veenendall, Itasca
1996 Jeremy Arndt, Itasca
1997 Dwight Ballou, Itasca
1998 Mark Gunderson, Ridgewater
1999 Ryan Carlson, Ridgewater
2000 Save Vetsch, Itasca
2001 Klay Konrad, Ridgewater
2002 Brad Opsahl, Ridgewater
2003 Ryan Fliginger, Itasca
2004 Brad Malum, Itasca
2005 Clay Hoeck, Ridgewater
2006 Cody Johnsvin, Itasca
2007 John Koistinen, Itasca
2008 Seth Schlee, Minnesota West
2009 Jade Mehling Rochester

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1970 Tom Sahlseid, Willmar
1971 Ted Brinkman, Normandale
1972 Ted Brinkman, Normandale
1973 Rick Clark, Rochester
1974 Mike Hanson, Crookston
1975 Jim Aune, Anoka-Ramsey
1976 Kap Sean Kim, Itasca
1977 Keith Burke, Rochester
1978 Randy Rasmusson, Golden Valley
1979 Brent Thomas, Bethany
1980 Craig Carpenter, Anoka-Ramsey
1981 Steve Sneely, Rochester
1982 Doug Swanson, Rochester
1983 Jim Urlaub, Anoka-Ramsey
1984 Pat McDonald, Willmar
1985 Phil Meirick, Rochester
1986 Jerry Perrotti, Rochester
1987 Jerry Perrotti, Rochester
1988 Kris Presler, Willmar
1989 Ted Jewison, Waseca
1990 Tim Anderson, Rochester
1991 TJ Frantz, Willmar
1992 Jeremy Frank, Fergus Falls
1993 Bruce Kenning, Itasca
1994 Chad Beenendall, Itasca
1995 Ben Schrupp, Willmar
1996 Gil Domally, Rochester
1997 Jim Gahagan, Rochester
1998 Durand Brown, Itasca
1999 John Wegman, Rochester
2000 Tom Mastue, Itasca
2001 Chris Thompson, Itasca
2002 Chris Thompson, Itasca
2003 Ale Franz, Rochester
2004 Mike Ferguson, Rochester
2005 Jeremy Sogge, Ridgewater
2006 Michal Barrie, Ridgewater
2007 Brandon Schunk, Ridgewater
2008 Brandon Schunk, Ridgewater
2009 Billy Murphy Itasca

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1970 Jerry Bakke, Bethany
1971 Dave Roder, Willmar
1972 Curt Bundy, Normandale
1973 Doug Gruber, Crookston
1974 Dennis Balkcom, Anoka
1975 Paul Hackenmuller, Willmar
1976 Paul Hackenmuller, Willmar
1977 Andy Jirik, Worthington
1978 Andy Jirik, Worthington
1979 Brad Sahn, Willmar
1980 Tom Steiger, Rochester
1981 Kraig Presler, Willmar
1982 Kyle Presler, Willmar
1983 Kyle Presler, Willmar
1984 Dan Sulblow, Willmar
1985 Mike Schmitz, Willmar
1986 Curt Haag, Rochester
1987 Greg Schmitz, Willmar
1988 Greg Schmitz, Willmar
1989 Troy Johnson, Willmar
1990 Troy Johnson, Willmar
1991 Dwane Williams, Itasca
1992 Chris Hansen, Willmar
1993 Jamie Miklas, Rochester
1994 Jame Miklas, Rochester
1995 Scott Sachariason, Willmar
1996 Mike Olson, Itasca
1997 Sean Meyers, Itasca
1998 Joe McEachern
1999 Joe McEachern
2000 Chad Uhrig, MN West
2001 Chad Uhrig, MN West
2002 Desmon Radunz, Itasca
2003 Mike Ferguson, Rochester
2004 Andy Petrich, Ridgewater
2005 Brian Wood, Ridgewater
2006 Brian Beilke, Ridgewater
2007 Jimmy Marx, Ridgewater
2008 Jon Tatro, Ridgewater
2009 Dan Andeson Ridgewater