

CENTRAL CATHOLIC BOYS STATE CHAMPIONS TRACK & FIELD

by *INDIVIDUAL*

JOHN PAHLKE
Javelin Throw
1964

MIKE LYONS
Two Mile Run
1967

DARRELL DOMINICK
Shot Put
1967

MIKE McCORMACK
220 Yard Dash
1968

JEFF LUTY
Triple Jump
1977

CHRIS LATTIG
1500 Meter Run
1978

BYRON HOWELL
100 Meter Dash
1978
1979
1980
200 Meter Dash
1978
1979
1980

EDGAR MITCHELL
Discus Throw
1982

PAT SHIPLEY
400 Meter Dash
1993

GALEN RUPP
1500 Meter Run
2004
3000 Meter Run
2003
2004

KENNY KLOTZ
1500 Meter Run
2006
3000 Meter Run
2006

by *EVENT*

100y/100m – Byron Howell '78
Byron Howell '79
Byron Howell '80

220y/200m – Mike McCormack '68
Byron Howell '78
Byron Howell '79
Byron Howell '80

440y/400m – Pat Shipley '93

Mile/1500m – Chris Lattig '78
Galen Rupp '04
Kenny Klotz '06

2mile/3000m – Mike Lyons '67
Galen Rupp '03
Galen Rupp '04
Kenny Klotz '06

TRIPLE JUMP – Jeff Luty '77

SHOT PUT – Darrell Dominick '67

DISCUS – Edgar Mitchell '82

JAVELIN – John Pahlke '64

