

**VERNON HILLS HIGH SCHOOL BOYS TRACK & FIELD  
HONOR LIST**

<u>State Champions</u>	<u>All State</u>	<u>State Qualifiers</u>
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**2009**

NA

**2008**

Mahmoud Bahrani - 3200M

Zach Wheeler - PV

**2007**

Zach Wheeler - PV

**2006**

Eric Fettner - PV

Wes Sheldon - 800M

**2005**

Wes Sheldon - 800M

**2004**

Jeremy Shaw - PV

Wes Sheldon - 800M

**2003**

Matt Leffler - 100M, 400M

Cole Sheldon - 800M

Hunter Sheldon - 1600M

**2002**

Ryan Borden - HJ

Keith Heerdegen - 100M, 200M

Hunter Sheldon - 1600m

**2001**

Matt Leffler - 400M

Keith Heerdegen - 200M

**2006**

Wes Sheldon - 800M - 7th Place

**2005**

Wes Sheldon - 800M - 5th Place

**2003**

Matt Leffler - 400M - 2nd Place

Hunter Sheldon - 1600M - 2nd Place

**2002**

Keith Heerdegen - 200M - 6th Place

**Sectional Champions**

**2008**

Zach Wheeler

**2007**

Zach Wheeler

**2005**

Wes Sheldon - 800M

**2004**

Wes Sheldon - 800M

**2003**

Matt Leffler - 100M

Cole Sheldon - 800M

Hunter Sheldon - 1600M

**2002**

Keith Heerdegen - 100M, 200M

Hunter Sheldon - 1600m

**NSC Champions**

**2008**

Zach Wheeler

**2007**

Zach Wheeler

**2005**

Wes Sheldon - 800M

**2004**

Wes Sheldon - 800M

**2003**

Matt Leffler - 400M

Matt Leffler - 100M

**2002**

Keith Heerdegen - 200M

All Conference

**2009**

Andrew Thompson - 1600M - 5th PL

All Conference

**2008**

Zach Wheeler - PV - 1st PL

Mahmoud Bahrani - 3200M - 3rd PL

Arron McMinn - DT - 5th PL

Marcus Bradford - LJ - 6th PL

Josh Park - DT - 7th PL

All Conference

**2007**

Zach Wheeler - PV - 1st PL

Mahmoud Bahrani - 3rd PL

Yan Kremmerman - 8th PL

All Conference

**2006**

Eric Fettner - PV - 3rd PI

Eric Fettner - HH - 5th PI

Mahmond Bahrani - 1600m - 4th PI

Zach Wheeler - PV - 6th PI

All Conference

**2005**

Wes Sheldon - 800M - 1st PI

Jeremy Shaw - PV - 2nd PI

Eric Fettner - PV - 3rd PI

Erich Burdorf - 4x400 - 2nd PI

Josh Bryant - 4x400 - 2nd PI

Clayton Anderson - 4x400 2nd PI

Wes Sheldon - 4x400 - 2nd PI

Clayton Anderson - 110HH - 6th PI

Wes Sheldon - 1600m - 4th PI

All Conference

**2004**

All Conference

**2003**

All Conference

**2002**

All Conference

**2001**

**VERNON HILLS HIGH SCHOOL BOYS TRACK & FIELD  
HONOR LIST (cont.)**

<u>Captains</u>	<u>Captains</u>	<u>Captains</u>
<b>2009</b> Andrew Thompson Alex Weinberg	<b>2008</b> Mahmoud Bahrani James Hallendorff Josh Park Zach Wheeler	<b>2006</b> Brian Chrysler Eric Fettner Wes Sheldon Jake Short
	<b>2007</b> Jesse Schaar Adelmo Rodrigues Mahmoud Bahrani Brennan Reed	<b>2005</b> Clayton Anderson Jim Badolla Jeremy Shaw Thomas Rams

**Most Valuable Track Athlete**

Andrew Thompson - 2009  
Mahmoud Bahrani 2008  
Mahmoud Bahrani 2007  
Wes Sheldon - 2006  
Wes Sheldon - 2005  
Wes Sheldon - 2004  
Matt Leffler / Hunter Sheldon - 2003  
Keith Heerdegen - 2002  
Matt Leffler - 2001

**Most Valuable Field Athlete**

Marcus Bradford - 2009  
Zach Wheeler -2008  
Zach Wheeler -2007  
Eric Fettner - 2006  
Shannon Green - 2005  
Jeremy Shaw - 2004

**Cougar Award**

Chris Anders - 2009  
Jeams Baek - 2008  
Jesse Schaar - 2007  
Jake Short - 2005  
Andy Heglund - 2005  
Ben Jacks - 2005

**Frosh/Soph Most Valuable Athlete**

Evan Spencer - 2009  
Brad Bauman - 2008  
Shawn Sullivan -2007  
Adelmo Rodrigez -2006  
Mahmoud Bahrani - 2005

**Most Improved Athlete**

Jakub Jaskowski - 2009  
Adnan Maskic - 2008  
Chris Steinheiser - 2007  
Mahmond Bahrani - 2006  
Zack Wheeler - 2005

**Rookie of the Year**

Alex Lang - 2009  
Marcus Bradford - 2008  
Evan Spencer - 2008  
Kyle Gourley - 2007  
Max Candocia - 2006  
Dan Venus - 2005