

# WIAC Wrestling Past Individual Champions & Runners Up

(Since 1967)

## 115 Pounds

Year	Champion	Runner-Up
1967	Ken Flouro (River Falls)	Tony Leonardo (Superior)
1968	Ken Flouro (River Falls)	Frank Kinateder (Oshkosh)
1969	Dick Tressler (Superior)	Hector Cruz (Stout)

## 118 Pounds

1970	Hector Cruz (Stout)	James Abbott (Oshkosh)
1971	Hector Cruz (Stout)	Ernest Abbott (Oshkosh)
1972	Jerry Reeves (Platteville)	Hector Cruz (Stout)
1973	Gary Zizzo (Whitewater)	Jeff Jorgenson (Platteville)
1974	Gary Zizzo (Whitewater)	Don Gordner (Superior)
1975	Gary Zizzo (Whitewater)	Mike Coakley (Oshkosh)
1976	Mike Coakley (Oshkosh)	Rick Peacock (Stevens Point)
1977	Fred Townsend (Whitewater)	Terry Stoll (Oshkosh)
1978	Terry Stoll (Oshkosh)	Les Werner (Stevens Point)
1979	Les Werner (Stevens Point)	Terry Stoll (Oshkosh)
1980	Tim Burns (Oshkosh)	Ken Trapino (Whitewater)
1981	Rick Gruber (Oshkosh)	Robert Ratliff (Superior)
1982	Rick Gruber (Oshkosh)	Ryan Foley (La Crosse)
1983	Rick Gruber (Oshkosh)	Paul Preissing (Whitewater)
1984	Rick Gruber (Oshkosh)	Steve Bird (Whitewater)
1985	Steve Bird (Whitewater)	Scott Arneson (Platteville)
1986	Scott Arneson (Platteville)	Mike Mueller (River Falls)
1987	Mike Mueller (River Falls)	Eric Ciha (Platteville)
1988	Eric Ciha (Platteville)	Matt Ryan (River Falls)
1989	Mark Riggs (Whitewater)	Eric Ciha (Platteville)
1990	Kevin McGivney (Whitewater)	Joe Ramsey (Stevens Point)
1991	Joe Ramsey (Stevens Point)	Tran Brooks (La Crosse)
1992	David Ruesch (River Falls)	Joe Ramsey (Stevens Point)
1993	Kent Weiler (Whitewater)	Jeff O'Gara (La Crosse)
1994	Jeff O'Gara (La Crosse)	Rome Seifert (Whitewater)
1995	Jason Malchow (Stevens Point)	Rome Seifert (Whitewater)
1996	Jeff O'Gara (La Crosse)	Jason Malchow (Stevens Point)
1997	Jason Malchow (Stevens Point)	Phil Byrd (Whitewater)
1998	Russ Peloquin (La Crosse)	Corey Bauer (Stevens Point)

## 123 Pounds

1967	Cullen Carey (Platteville)	Dick Tressler (Superior)
1968	Dick Tressler (Superior)	Cullen Carey (Platteville)
1969	Frank Kinateder (Oshkosh)	Tom Alex (River Falls)

## 125 Pounds

1999	Russ Peloquin (La Crosse)	Corey Bauer (Stevens Point)
2000	Davey Starks (Eau Claire)	Darren Dummer (Stevens Point)
2001	Davey Starks (Eau Claire)	Brian Olson (Platteville)
2002	Davey Starks (Eau Claire)	Nick Mueller (La Crosse)
2003	Davey Starks (Eau Claire)	John Rombca (Whitewater)
2004	John Rombca (Whitewater)	David Davila (Stevens Point)
2005	Jordan Kolinski (La Crosse)	John Rombca (Whitewater)
2006	Patt Parrillo (La Crosse)	Andy Livingston (Whitewater)
2007	Jake Calhoun (Stevens Point)	Patt Parrillo (La Crosse)
2008	Brandon Music (La Crosse)	Jake Calhoun (Stevens Point)
2009	Albie McKinney (La Crosse)	Max Oldenburg (Whitewater)
2010	Albie McKinney (La Crosse)	Joe Mileski (Stevens Point)

### 126 Pounds

1970	Dale Evans (Stout)	Ron Campbell (Stevens Point)
1971	James Abbott (Oshkosh)	Dirk Sorenson (Stevens Point)
1972	Jerry Brusletten (Superior)	Dirk Sorenson (Stevens Point)
1973	Jerry Brusletten (Superior)	Steve Hennings (Stout)
1974	Jerry Brusletten (Superior)	Steve Hennings (Stout)
1975	Jerry Brusletten (Superior)	Fred Townsend (Whitewater)
1976	Scott Hilton (Superior)	Bill Schroeder (Stout)
1977	Nat Pope (River Falls)	Ron McCray (Whitewater)
1978	Fred Townsend (Whitewater)	Jeff Corner (La Crosse)
1979	Don Donar (Platteville)	Scott Giese (Whitewater)
1980	Scott Giese (Whitewater)	Don Donar (Platteville)
1981	Don Donar (Platteville)	Rick Erickson (River Falls)
1982	Tim Hardy (Whitewater)	Rick Erickson (River Falls)
1983	Tim Potratz (Oshkosh)	John Pecora (Whitewater)
1984	Tim Hardy (Whitewater)	Mark Bahr (Platteville)
1985	John Pecora (Whitewater)	Terry Gleason (Stout)
1986	Tim Potratz (Oshkosh)	Tony Schaaf (Whitewater)
1987	Scott Arneson (Platteville)	Kevin Bird (Whitewater)
1988	Scott Arneson (Platteville)	Kevin Bird (Whitewater)
1989	Paul Corner (La Crosse)	Earl Ruckdashel (Platteville)
1990	Chris Iverson (River Falls)	Doug Parker (Whitewater)
1991	Jeff Van Maanen (La Crosse)	David Ruesch (River Falls)
1992	Jeff Van Maanen (La Crosse)	Kent Weiler (Whitewater)
1993	David Ruesch (River Falls)	Brian Stamper (Stevens Point)
1994	David Ruesch (River Falls)	Dan Dohse (La Crosse)
1995	Brad Bruhn (La Crosse)	Brent Davenport (Whitewater)
1996	Brian Stamper (Stevens Point)	Keith Johnson (River Falls)
1997	Brent Henschel (La Crosse)	Keith Johnson (River Falls)
1998	Josh Habeck (La Crosse)	Chet Zdanczewicz (Stevens Point)

### 130 Pounds

1967	Cecil Austin (Whitewater)	Tom Thompson (Superior)
1968	Dave Karpenski (Superior)	Craig Swenson (River Falls)
1969	Cullen Carey (Platteville)	Mark Ryser (Eau Claire)

### 133 Pounds

1999	Chet Zdanczewicz (Stevens Point)	Josh Habeck (La Crosse)
2000	Brady Holtz (Stevens Point)	Kevin Biermeier (La Crosse)
2001	Jason Rogers (Whitewater)	Josh Habeck (La Crosse)
2002	Josh Habeck (La Crosse)	Mike Jankowski (Whitewater)
2003	Zach Chambers (Platteville)	Brady Holtz (Stevens Point)
2004	Brady Holtz (Stevens Point)	Nick Morphew (Lawrence)
2005	Mike Rohowetz (La Crosse)	Jake Calhoun (Stevens Point)
2006	Kevin Barber (La Crosse)	Dane Droessler (Platteville)
2007	Jordan Kolinski (La Crosse)	Andy Miller (Eau Claire)
2008	Jordan Kolinski (La Crosse)	Jered Kern (Stevens Point)
2009	Jered Kern (Stevens Point)	Bebeto Yewah (La Crosse)
2010	Bebeto Yewah (La Crosse)	Kyle Wachholder (Whitewater)

### 134 Pounds

1970	Craig Swenson (River Falls)	Jerry Weyer (La Crosse)
1971	Dave Evans (Stout)	Brent Martin (Superior)
1972	Dale Evans (Stout)	Keith Morin (La Crosse)
1973	Dick Beattie (Oshkosh)	Jerry Weyer (La Crosse)
1974	Gee Pope (River Falls)	Greg Smith (Platteville)
1975	Gee Pope (River Falls)	Gary Current (Whitewater)
1976	Gary Current (Whitewater)	Nat Pope (River Falls)
1977	Joel Stolzman (Oshkosh)	Ed Perry (Whitewater)
1978	Joel Stolzman (Oshkosh)	Carmelo Flores (Whitewater)
1979	Stan Kellenberger (Oshkosh)	Andy Johnson (River Falls)
1980	Walt Perkins (River Falls)	Carmelo Flores (Whitewater)
1981	Tony Algiers (Eau Claire)	Walt Perkins (River Falls)
1982	Tony Algiers (Eau Claire)	Don Donar (Platteville)
1983	Tom Gallagher (River Falls)	Tim Doney (La Crosse)
1984	Tom Gallagher (River Falls)	Eric Swiggum (Platteville)
1985	Paul Corner (La Crosse)	Eric Swiggum (Platteville)
1986	Paul Corner (La Crosse)	Dale Kleven (Oshkosh)
1987	Todd Bender (Whitewater)	Tim McMillen (Platteville)
1988	Paul Corner (La Crosse)	Tim McMillen (Platteville)
1989	Tony Schaaf (Whitewater)	Bob Berceau (Stevens Point)
1990	Bob Berceau (Stevens Point)	Tony Schaaf (Whitewater)
1991	Rich Straub (Whitewater)	Phil Du Bois (Oshkosh)
1992	Jeff Bartkowiak (Stevens Point)	Phil Du Bois (Oshkosh)
1993	Jeff Bartkowiak (Stevens Point)	Phil Du Bois (Oshkosh)
1994	Mike Wedding (Whitewater)	Jere Hamel (Stevens Point)
1995	Jere Hamel (Stevens Point)	Dan Fesenmaier (River Falls)
1996	Jere Hamel (Stevens Point)	Scott Lund (La Crosse)
1997	Jaime Hegland (Stevens Point)	Chad Veenendall (La Crosse)
1998	Rob Anderson (La Crosse)	Jaime Hegland (Stevens Point)

### 137 Pounds

1967	Mike Garside (Superior)	Tom Hammes (River Falls)
1968	Dave Moon (Oshkosh)	Bob Pomplun (Superior)
1969	Dwight Allbaugh (Platteville)	Andy Marks (Whitewater)

### 141 Pounds

1999	Rob Anderson (La Crosse)	Jaime Hegland (Stevens Point)
2000	Rob Anderson (La Crosse)	Ben Schlueter (Whitewater)
2001	Brady Cudd (La Crosse)	Adam Anderson (Platteville)
2002	Brady Cudd (La Crosse)	Shane Gulden (Platteville)
2003	Adam Anderson (Platteville)	Ben Zwaschka (La Crosse)
2004	Nick Karls (Whitewater)	Joel Burdick (Stevens Point)
2005	Joel Burdick (Stevens Point)	Nick Karls (Whitewater)
2006	Zach Chambers (Platteville)	Mike Rohowetz (La Crosse)
2007	Zach Chambers (Platteville)	Austin Bautista (Whitewater)
2008	Austin Bautista (Whitewater)	Chase DeCleene (Stevens Point)
2009	Austin Bautista (Whitewater)	Chase DeCleene (Stevens Point)
2010	Austin Bautista (Whitewater)	Alex Dahl (La Crosse)

### 142 Pounds

1970	Mike Garside (Superior)	Andy Marks (Whitewater)
1971	Bob Garcia (Platteville)	Ron Dworak (Oshkosh)
1972	Ron Dworak (Oshkosh)	Gee Pope (River Falls)
1973	Dale Evans (Stout)	Al Nauer (River Falls)
1974	Ron Dworak (Oshkosh)	Pat Kelly (Stout)
1975	Gary Ader (Oshkosh)	John Harrison (Whitewater)
1976	Bill Hinkins (Eau Claire)	Peter Hartzheim (Whitewater)
1977	Peter Hartzheim (Whitewater)	Lowell Iverson (River Falls)
1978	Ron Seubert (Eau Claire)	Ron McCray (Whitewater)
1979	Joel Stolzman (Oshkosh)	Bob Cody (Platteville)
1980	Bryan Benson (Whitewater)	Andy Johnson (River Falls)
1981	Ron Vorphal (La Crosse)	Andy Johnson (River Falls)
1982	Rich Tomaszewski (Oshkosh)	Mike Reif (Whitewater)
1983	Rich Tomaszewski (Oshkosh)	Tony Algiers (Eau Claire)
1984	Bret Corner (La Crosse)	Ed Brady (Whitewater)
1985	Ed Brady (Whitewater)	Bret Corner (La Crosse)
1986	Bret Corner (La Crosse)	Greg Kay (River Falls)
1987	Greg Kay (River Falls)	Matt Spencer (Platteville)
1988	Todd Bender (Whitewater)	Bob Calnin (Stevens Point)
1989	Scott Hale (River Falls)	Mark Shuda (La Crosse)
1990	Eric Reed (La Crosse)	Paul Ybarra (Whitewater)
1991	Rob Schmidt (Whitewater)	Steve Mlsna (Stout)
1992	Mark Poirier (Stevens Point)	Mike Meunier (Oshkosh)
1993	Mark Poirier (Stevens Point)	Matt McNamer (River Falls)
1994	Mike Meunier (Oshkosh)	Rick DeMario (Stevens Point)
1995	Jeremy Krings (Stout)	Rick DeMario (Stevens Point)
1996	Matt Morel (La Crosse)	Jeremy Krings (Stout)
1997	Jeremy Krings (Stout)	Harry Hellen (Platteville)
1998	Ross Buchinger (Stevens Point)	Chad Veenendall (La Crosse)

### 145 Pounds

1967	John Bauman (Whitewater)	Dave Karpenske (Superior)
1968	Len Jackson (Superior)	Ed Houghdal (River Falls)
1969	Mark Janicki (Eau Claire)	Ed Houghdal (River Falls)

### 149 Pounds

1999	Ross Buchinger (Stevens Point)	Joel Dziedzic (Oshkosh)
2000	Chet Zdanczewicz (Stevens Point)	Pat Kearns (La Crosse)
2001	Joel Dziedzic (Oshkosh)	Pat Kearns (La Crosse)
2002	Troy Fabry (La Crosse)	Chris Vogel (Platteville)
2003	Troy Fabry (La Crosse)	Joel Dziedzic (Oshkosh)
2004	Ross Babcock (Whitewater)	Troy Fabry (La Crosse)
2005	Jake Larsen (La Crosse)	Ross Babcock (Whitewater)
2006	Ryan Higgins (Platteville)	Jake Larsen (La Crosse)
2007	Jake Larsen (La Crosse)	Ryan Higgins (Platteville)
2008	Matt Mauseth (La Crosse)	Ryan Higgins (Platteville)
2009	Matt Mauseth (La Crosse)	Andy Johnston (Eau Claire)
2010	Matt Mauseth (La Crosse)	Andy Johnston (Eau Claire)

### 150 Pounds

1970	Mark Janicki (Eau Claire)	Jeff Napp (Platteville)
1971	Tom Adams (Oshkosh)	Andy Marks (Whitewater)
1972	B.D. LaProd (La Crosse)	George Strozewski (Oshkosh)
1973	Ron Dworak (Oshkosh)	Don Moe (Whitewater)
1974	Joe Schambow (La Crosse)	Carl Polk (Platteville)
1975	Joe Schambow (La Crosse)	Peter Hartzheim (Whitewater)
1976	Gary Ader (Oshkosh)	Mitch Benson (Whitewater)
1977	Mitch Benson (Whitewater)	Steve Luth (Platteville)
1978	Gary Ader (Oshkosh)	Peter Hartzheim (Whitewater)
1979	Jerry Klonowski (Stout)	Pete Sprecher (La Crosse)
1980	Glenn Zipperer (Superior)	Dennis Giaimo (Stevens Point)
1981	Paul Frandsen (River Falls)	Glenn Zipperer (Superior)
1982	Paul Frandsen (River Falls)	Mike Kuglitsch (Whitewater)
1983	Terry Keller (River Falls)	Dave Reifsteck (Whitewater)
1984	Dennis McNamara (River Falls)	Kris Coupland (Stout)
1985	Mike Pope (River Falls)	Cletis Swopes (Eau Claire)
1986	Ed Brady (Whitewater)	Todd Ponick (River Falls)
1987	Ed Brady (Whitewater)	Cletis Swopes (Eau Claire)
1988	Greg Kay (River Falls)	Todd Oberg (Superior)
1989	Benny Koch (La Crosse)	Brian Boushele (Oshkosh)
1990	Scott Hale (River Falls)	Bob Callison (La Crosse)
1991	Carl Shefchik (Stevens Point)	Jeff Matczak (Oshkosh)
1992	Scott Hale (Eau Claire)	Eric Reed (La Crosse)
1993	Phil Wolf (Platteville)	Mike Meunier (Oshkosh)
1994	Mike Burns (La Crosse)	Luke Francois (Stevens Point)
1995	Bret Stamper (Stevens Point)	Scott Lund (La Crosse)
1996	Bret Stamper (Stevens Point)	Jeremy Cardenas (La Crosse)
1997	Bret Stamper (Stevens Point)	Eric Vandervest (La Crosse)
1998	Harry Hellen (Platteville)	Mike Carlson (Stevens Point)

### 152 Pounds

1967	Jim Schuldt (Whitewater)	Herb Schutt (Superior)
1968	Tom Madison (River Falls)	Art Holden (Whitewater)
1969	Art Holden (Whitewater)	Lindy Johnson (River Falls)

### 157 Pounds

1999	Chris Aultman (Platteville)	Bob Weix (Stevens Point)
2000	Dustin Veenendall (La Crosse)	Nathan Preslaski (Stevens Point)
2001	Nathan Preslaski (Stevens Point)	Ryan Nash (Platteville)
2002	Mark Meyers (Platteville)	Matt Zwaschka (La Crosse)
2003	Corey Day (La Crosse)	Chris Muller (Platteville)
2004	Tony Wright (Whitewater)	Justin Lancaster (Oshkosh)
2005	Ross Needham (La Crosse)	Justin Lancaster (Oshkosh)
2006	Ross Needham (La Crosse)	Chris Brown (Stevens Point)
2007	Ross Needham (La Crosse)	Jesse Milks (Platteville)
2008	Jesse Milks (Platteville)	Jay Milz (La Crosse)
2009	Jesse Milks (Platteville)	Tom Trieloff (Whitewater)
2010	Jesse Milks (Platteville)	Ryan Farwell (La Crosse)

### 158 Pounds

1970	Lindy Johnson (River Falls)	Art Holden (Whitewater)
1971	Steve Zawacki (Superior)	Bob Tofte (Platteville)
1972	Steve Zawacki (Superior)	John Larson (River Falls)
1973	Steve Zawacki (Superior)	Tom Kubiak (River Falls)
1974	Phil Mueller (Stevens Point)	Tom Kubiak (River Falls)
1975	Ron Haidinger (Whitewater)	Tom Peissig (River Falls)
1976	Ron Haidinger (Whitewater)	Tom Peissig (River Falls)
1977	Ron Szwet (Stevens Point)	Jeff Laube (Superior)
1978	Jeff Laube (Superior)	Dave Neumann (River Falls)
1979	Tim Hardyman (Platteville)	Dave Neumann (River Falls)
1980	Tim Hardyman (Platteville)	Dave Neumann (River Falls)
1981	Dave Neumann (River Falls)	Tim Hardyman (Platteville)
1982	Terry Keller (River Falls)	Randy Narges (Platteville)
1983	Paul Frandsen (River Falls)	Mike Kuglitsch (Whitewater)
1984	Terry Keller (River Falls)	Dennis Giaimo (Stevens Point)
1985	Brian Keller (River Falls)	Chris Coupland (Stout)
1986	Brad Simon (Superior)	Mike Pope (River Falls)
1987	Todd Ponick (River Falls)	Steve Raczek (Platteville)
1988	Todd Ponick (River Falls)	Steve Raczek (Platteville)
1989	Rob Llorca (Whitewater)	Greg Kay (River Falls)
1990	Rob Llorca (Whitewater)	Bart Bosman (La Crosse)
1991	Rob Llorca (Whitewater)	Kevin Colburn (La Crosse)
1992	Corey McCauley (Stout)	Chris Kittman (Stevens Point)
1993	Corey McCauley (Stout)	Chris Kittman (Stevens Point)
1994	Corey McCauley (Stout)	Seth Foreman (Stevens Point)
1995	Scott Watry (Whitewater)	Seth Foreman (Stevens Point)
1996	Kevin Knaus (Stevens Point)	Jacob Wenger (Oshkosh)
1997	Jeremy Cardenas (La Crosse)	Jacob Wenger (Oshkosh)
1998	Eric Vandervest (La Crosse)	Matt Werner (Whitewater)

### 160 Pounds

1967	Mike Ross (Superior)	Ron Johnson (Platteville)
1968	Bill Pranga (Platteville)	Jack Frigo (Whitewater)
1969	John Peterson (Stout)	Dick Lewis (Whitewater)

### 165 Pounds

1999	Nick Wenger (Oshkosh)	Matt Werner (Whitewater)
2000	Matt Werner (Whitewater)	Chris Aultman (Platteville)
2001	Nick Patenaude (La Crosse)	Matt Sommerville (Whitewater)
2002	Nick Patenaude (La Crosse)	Cody Koenig (Stevens Point)
2003	Matt Zwaschka (La Crosse)	Derek Sikora (Eau Claire)
2004	Derek Sikora (Eau Claire)	Corey Day (La Crosse)
2005	Nick Ammermann (La Crosse)	Derek Sikora (Eau Claire)
2006	Derek Sikora (Eau Claire)	Scott Dorn (La Crosse)
2007	Tim Palmer (La Crosse)	Lance Valiquette (Eau Claire)
2008	Tim Palmer (La Crosse)	Pat Nagel (Whitewater)
2009	Jake Wozniak (Stevens Point)	Cory Ferguson (La Crosse)
2010	Cory Ferguson (La Crosse)	Jordan Schulte (Stevens Point)

## 167 Pounds

1967	Dick Fox (La Crosse)	Jim Knutson (River Falls)
1968	Gordy Christian (Oshkosh)	Jim Notstad (Stevens Point)
1969	Bill Pranga (Platteville)	Mike Deininger (Whitewater)
1970	John Peterson (Stout)	Doug Williams (River Falls)
1971	John Peterson (Stout)	Doug Williams (River Falls)
1972	Mark Mulqueen (Oshkosh)	Lindy Johnson (River Falls)
1973	B.D. LaProd (La Crosse)	Roger Suhr (Stevens Point)
1974	Tom Hass (River Falls)	Wayne Hintz (Stevens Point)
1975	Harry Larsen (River Falls)	Randy Rand (Superior)
1976	Mike Stanek (Whitewater)	Francis McCauley (Platteville)
1977	Rick Rabensdorf (Whitewater)	Harry Markos (Oshkosh)
1978	Rick Rabensdorf (Whitewater)	Ron Szwet (Stevens Point)
1979	Steve Johnsted (Whitewater)	Terry Laube (Superior)
1980	Mike Hunter (Stout)	Kevin Opprecht (Platteville)
1981	Lowell Davis (Platteville)	Tom Conlon (River Falls)
1982	Sean McCarthy (Oshkosh)	Scott Howard (Stout)
1983	Duane Groshek (Platteville)	Mark Hilgart (Oshkosh)
1984	Brian Keller (River Falls)	Jay Yde (La Crosse)
1985	John Dobbs (Platteville)	Clinton Scaggs (Superior)
1986	Brian Keller (River Falls)	Wayne Hendrickson (Stout)
1987	Bob Smith (Eau Claire)	Wayne Hendrickson (Stout)
1988	Jim Schwebach (River Falls)	Chris Coupland (Stout)
1989	Chris Champion (Oshkosh)	Jim Kramer (La Crosse)
1990	Gregg Lewis (La Crosse)	Tom Weix (Stevens Point)
1991	Gregg Lewis (La Crosse)	Steve Kirsch (River Falls)
1992	Tom Weix (Stevens Point)	Dave Mitchell (La Crosse)
1993	Dave Mitchell (La Crosse)	Dave Carlson (Stevens Point)
1994	Eric Reed (La Crosse)	Dave Carlson (Stevens Point)
1995	Phil Wolf (Platteville)	Josh Finke (Oskosh)
1996	Brandon Penzkover (La Crosse)	Jamie Hildebrandt (Stevens Point)
1997	Jamie Hildebrandt (Stevens Point)	Joe Berube (La Crosse)
1998	Jeremy Cardenas (La Crosse)	Joel Andrew (Platteville)

## 174 Pounds

1999	Andrew Melton (La Crosse)	Wes Kapping (Stevens Point)
2000	Wes Kapping (Stevens Point)	Andrew Melton (La Crosse)
2001	Ben Bly (La Crosse)	Wes Kapping (Stevens Point)
2002	Ben Bly (La Crosse)	Jeff Zastrow (Whitewater)
2003	Cody Koenig (Stevens Point)	Jason Lulloff (La Crosse)
2004	Cody Koenig (Stevens Point)	Nick Patenaude (La Crosse)
2005	Cody Koenig (Stevens Point)	Josh Chelf (La Crosse)
2006	Josh Chelf (La Crosse)	Al Stacilaukas (Stevens Point)
2007	Josh Chelf (La Crosse)	Adam Dorner (Oshkosh)
2008	Josh Chelf (La Crosse)	Eric Bath (Stevens Point)
2009	Mike Schmitz (La Crosse)	Sam Engelland (Oshkosh)
2010	Mike Schmitz (La Crosse)	Sam Engelland (Oshkosh)

### 177 Pounds

1967	Dick Christians (Oshkosh)	Steve Willett (La Crosse)
1968	Steve Willett (La Crosse)	John Coke (Platteville)
1969	Sam Spanel (Eau Claire)	Jim Sobocinski (Stevens Point)
1970	Mark Mulqueen (Oshkosh)	Sam Spanel (Eau Claire)
1971	Dale Jensen (Superior)	Jeff Napp (Platteville)
1972	Jeff Voss (Platteville)	Ray Jacobson (Whitewater)
1973	Mike Stanek (Whitewater)	Tom Hass (River Falls)
1974	Mike Stanek (Whitewater)	Harry Larson (River Falls)
1975	Rick Nieport (Stevens Point)	Mike West (La Crosse)
1976	Randy Rand (Superior)	Gerry Nolan (Oshkosh)
1977	Steve Behl (Platteville)	Mark Sontag (River Falls)
1978	Steve Behl (Platteville)	Rich Getter (La Crosse)
1979	Steve Behl (Platteville)	Dave Wahlstrom (River Falls)
1980	Jeff Laube (Superior)	Jim Erickson (Stevens Point)
1981	Jody Van Laanen (Whitewater)	Mike Hunter (Stout)
1982	Duane Groshek (Platteville)	Jim Erickson (Stevens Point)
1983	Dave Brandvold (River Falls)	Don Elfstrom (Whitewater)
1984	Dave Brandvold (River Falls)	Don Elfstrom (Whitewater)
1985	Dave Brandvold (River Falls)	Al Schult (Platteville)
1986	Terry Schuler (Whitewater)	Bob Smith (Eau Claire)
1987	Terry Schuler (Whitewater)	Rich Harding (Stevens Point)
1988	Pete Rippley (La Crosse)	Wayne Hendrickson (Stout)
1989	Troy Hauser (Whitewater)	Gregg Lewis (La Crosse)
1990	Steve Smith (Stout)	Mark Cicchi (Oshkosh)
1991	Steve Smith (Stout)	Scott Haas (Platteville)
1992	Colin Green (Stevens Point)	Joe Schwabe (Eau Claire)
1993	Colin Green (Stevens Point)	Bruce Hiley (Stout)
1994	Colin Green (Stevens Point)	Bruce Hiley (Stout)
1995	James Meyer (La Crosse)	Shane Holm (Stevens Point)
1996	Joe Rens (Stevens Point)	Joe Puetz (Platteville)
1997	Joe Rens (Stevens Point)	Craig Miesbauer (Eau Claire)
1998	Nick Matiash (Platteville)	Andrew Melton (La Crosse)

### 184 Pounds

1999	Nick Matiash (Platteville)	Jeremy Miller (La Crosse)
2000	Jeremy Miller (La Crosse)	Adam Kolo (Eau Claire)
2001	Jeremy Miller (La Crosse)	Ben Kureck (Stevens Point)
2002	Troy Austin (Platteville)	Nick Jasurda (Oshkosh)
2003	Brad Marten (Stevens Point)	Roy Forsyth (Platteville)
2004	Jason Lulloff (La Crosse)	Ben Dictus (Lawrence)
2005	Ben Dictus (Lawrence)	Al Stacilauskas (Stevens Point)
2006	Jason Lulloff (La Crosse)	Ben Dictus (Lawrence)
2007	Jason Lulloff (La Crosse)	Craig Bollig (Stevens Point)
2008	Josh Zabel (La Crosse)	Ben Engelland (Stevens Point)
2009	Josh Zabel (La Crosse)	Ben Engelland (Stevens Point)
2010	Ben Engelland (Stevens Point)	Mitch Artist (La Crosse)

### 190 Pounds

1970	Dale Jenson (Superior)	Jerry Johnson (Stout)
1971	Bill Spieker (Superior)	Ken Nordlie (Platteville)
1972	Bill Coleman (La Crosse)	Sam Spanel (Eau Claire)
1973	Dave Glinecki (River Falls)	Mickey Ripp (Oshkosh)
1974	Steve Piddington (Platteville)	Russ Krueger (Stevens Point)
1975	Paul Cudd (River Falls)	Bob Christopherson (La Crosse)
1976	Gary Vucekovich (Whitewater)	Steve Eidness (River Falls)
1977	Wade Fletcher (Whitewater)	Rod Gerke (La Crosse)
1978	Wade Fletcher (Whitewater)	Pat Switlick (Stevens Point)
1979	Rick Rabensdorf (Whitewater)	Pat Switlick (Stevens Point)
1980	Jeff Eastlick (Platteville)	Rick Rabensdorf (Whitewater)
1981	Jim Meyer (River Falls)	Jeff Eastlick (Platteville)
1982	Jim Meyer (River Falls)	Jeff Eastlick (Platteville)
1983	Jim Meyer River Falls)	Steve Engelland (Oshkosh)
1984	Duane Fischer (Oshkosh)	Dave Witt (Stout)
1985	Duane Fischer (Oshkosh)	Tim Olson (Superior)
1986	Duane Fischer (Oshkosh)	Steve Kopecky (Whitewater)
1987	Steve Kopecky (Whitewater)	Tim Olson (Superior)
1988	Terry Schuler (Whitewater)	Todd Cherney (River Falls)
1989	Bob Wozniak (Eau Claire)	LaVerne Voight (Stevens Point)
1990	Bob Wozniak (Eau Claire)	Todd Cherney (River Falls)
1991	Travis Ebner (Stevens Point)	Dale Stahmann (Whitewater)
1992	Terry Walter (La Crosse)	Travis Ebner (Stevens Point)
1993	Terry Walter (La Crosse)	Travis Ebner (Stevens Point)
1994	Travis Ebner (Stevens Point)	James Meyer (La Crosse)
1995	Randy Drost (Eau Claire)	Joe Rens (Stevens Point)
1996	Jeff Birschbach (La Crosse)	Bill Sallander (River Falls)
1997	Jeff Birschbach (La Crosse)	Andy Guden (Stout)
1998	Wes Folk (Platteville)	Jeff Birschbach (La Crosse)

### 191 Pounds

1967	Dave Wirtala (River Falls)	Al Poser (La Crosse)
1968	Dick Melka (Whitewater)	Norbert Duba (La Crosse)
1969	Norbert Duba (La Crosse)	Myron Prybelski (Oshkosh)

### 197 Pounds

1999	Wes Folk (Platteville)	Bart Bly (La Crosse)
2000	Bart Bly (La Crosse)	Caleb Swenson (River Falls)
2001	Bart Bly (La Crosse)	Yan White (Stevens Point)
2002	Yan White (Stevens Point)	Adam Kolo (Eau Claire)
2003	Yan White (Stevens Point)	Adam Kolo (Eau Claire)
2004	Yan White (Stevens Point)	Nick Campbell (Eau Claire)
2005	Jim Swanson (La Crosse)	Tom Venner (Platteville)
2006	Jim Swanson (La Crosse)	Justin McAuly (Eau Claire)
2007	Tyler Wozniak (Stevens Point)	Mike Schmidt (Whitewater)
2008	Craig Bollig (Stevens Point)	Mike Schmidt (Whitewater)
2009	Karl Voeck (Whitewater)	Andy Moore (La Crosse)
2010	Andy Moore (La Crosse)	Adam Latella (Whitewater)

## Heavyweight

1967	Steve Schmidt (River Falls)	Bob Bergum (Whitewater)
1968	Bob Bergum (Platteville)	Don Damitz (Stout)
1969	Scott Mitchell (Stout)	Glen Keppy (Platteville)
1970	Toby Ackerman (Whitewater)	Greg Mattison (La Crosse)
1971	Toby Ackerman (Whitewater)	Greg Mattison (La Crosse)
1972	Ron Bleck (Superior)	Paul Cudd (River Falls)
1973	Don Parsons (La Crosse)	Bob Gwidt (River Falls)
1974	Fred Boskovich (Whitewater)	Joe Johnson (Stevens Point)
1975	Joe Johnson (Stevens Point)	Fred Boskovich (Whitewater)
1976	Bruce Tonsor (River Falls)	Blaine Felsman (Oshkosh)
1977	Blaine Felsman (Oshkosh)	Bruce Tonsor (River Falls)
1978	Chuck Meyer (Platteville)	Ed Witkiewicz (La Crosse)
1979	Tim Carmin (Whitewater)	Joe Gayan (Superior)
1980	Tim Carmin (Whitewater)	Joe Gayan (Superior)
1981	Tim Carmin (Whitewater)	Bob Hayter (La Crosse)
1982	Tim Carmin (Whitewater)	Jim Viaene (Superior)
1983	Jim Viaene (Superior)	Roger Pascavis (Stout)
1984	Jim Viaene (Superior)	Dave Viaene (Platteville)
1985	Matt Renn (River Falls)	Dave Rooyackers (Platteville)
1986	Dave Witt (Stout)	Andy McDonald (Whitewater)
1987	Bruce Rivard (River Falls)	Rich Rupp (Stout)
1988	Rod Figueroa (Oshkosh)	Steve Nohns (Platteville)
1989	Randy Meyer (Whitewater)	Joe Bethea (Eau Claire)
1990	Joe Bethea (Eau Claire)	Randy Meyer (Whitewater)
1991	Brian Suchocki (Stevens Point)	Brad Stiede (Oshkosh)
1992	Dennis Aupperle (Stevens Point)	Steve Westcott (La Crosse)
1993	Dennis Aupperle (Stevens Point)	Tom Keefer (River Falls)
1994	Bruce Rivard (River Falls)	Kevin Colburn (La Crosse)
1995	Perry Miller (Stevens Point)	Bill Sallander (River Falls)
1996	Perry Miller (Stevens Point)	Derrick Levake (Whitewater)
1997	Perry Miller (Stevens Point)	Derrick Levake (Whitewater)
1998	Perry Miller (Stevens Point)	Phil Klamm (Whitewater)
1999	Bill Sallander (River Falls)	Jason Ott (La Crosse)
2000	Jason Ott (La Crosse)	Mitch Gehring (Stevens Point)
2001	Jason Ott (La Crosse)	Pete Peterson (Eau Claire)
2002	Jason Ott (La Crosse)	Mark Burger (Stevens Point)
2003	Ryan Allen (La Crosse)	Nate Muckerheide (Oshkosh)
2004	Ryan Allen (La Crosse)	Mike Hayes (Stevens Point)
2005	Ryan Allen (La Crosse)	Mike Hayes (Stevens Point)
2006	Ryan Allen (La Crosse)	Mike Hayes (Stevens Point)
2007	Dan Laurent (La Crosse)	Derrick Johnson (Whitewater)
2008	Dan Laurent (La Crosse)	Chad Gregory (Stevens Point)
2009	Dan Laurent (La Crosse)	Brett Oswald (Stevens Point)
2010	Dan Laurent (La Crosse)	Jon Schmidt (Whitewater)