

James Ray Bednar

Athlete

Jim became Slinger's first individual male State Champion when he won the 300 Meter Low Hurdles event at the Wisconsin State Track & Field Championships in 1983.

He also anchored Slinger's Mile Relay Team at the same State Meet.

In 1982 he narrowly missed winning this state hurdle title in a photo finish.

In 1981 as a sophomore, he had run the fastest qualifying time but suffered a disqualification due to an involuntary muscle flinch at the start, preventing him from advancing to the State Championships that year.

In 1982 Jim was the State Champion in the 400 Meter Intermediate Hurdles at the Wisconsin Junior Olympics Track & Field Championships. His time was among the fastest in the entire Midwest for all high school athletes.

He was the 300 Meter Low Hurdle Champion & Record Holder in the Parkland Conference, Washington County, Slinger H.S. and numerous invitationals and track locations.

He was the 400 Meter Dash Champion & Record Holder in Washington County as well as the Divisional Conference Champion in the 100 Meter Dash and anchor runner on Slinger's Record Setting Relay Teams. Jim was Slinger's Varsity Track & Field Top Scorer every year and earned M.V.P., Team Captain, and numerous All-Conference and All-State Honors.

Jim displayed a unique ability to transition from a sprinter to a distance runner as he earned three Cross Country Varsity Letters. As Slinger's #3 runner, he helped the team to a 3rd place finish at the Wisconsin State Cross Country Championships in 1982.

He feels blessed to have been surrounded by so many talented athletes, coaches and teachers while at Slinger H.S.

At U.W. Stevens Point, he earned Track & Field All-Conference Honors before injuries ended his running career.

While coaching his own children he has always encouraged that participation, sportsmanship and "striving to do your best" is more important than winning.

Graduated 1983