

Garth Lappin

High School

- Graduated from Cresco High School (Iowa)
- State high school wrestling champion

College

- Wrestled at the University of Minnesota
- Team Captain
- Big Ten Champion (1949) Runner-up (1949), Third Place (1947)
- NCAA Third Place (1947) and Fourth Place (1948)
- 1947- lost in first round to NCAA champion, who pinned everyone except Lappin (L9-4)
- Two-time All-American

Coaching

- Wrestling: nine years (1950-58)
 - Three Conference titles
 - District title
 - Five Region titles
 - Two State Championships (1950, 55)
 - Third Place, two Fourth Places and a tie for Fifth Place at State
 - Coached Sixteen Individual State Champions

Other Activities

- 1954 President of the Minnesota Wrestling Coaches Association
- 1955-70 Officiated state, Big Ten and national wrestling tournaments
- 1964-69 Tournament Manager for the Olympic Development Tourn.
- 1972 Tournament Director of the Olympic Trials at Anoka High School

Honors

- 1973 Minnesota Wrestling Coaches Dave Bartelma Hall of Fame
- 2006 National Wrestling Hall of Fame- Lifetime Service to Wrestling
- 2011 University of Minnesota M Club Hall of Fame