

1977 Track & Field Honor Roll (6/7/77)

St. Paul Pioneer Press by Chuck Dixon
(does not include Regionals or the State Meet)

100 Yard Dash

Jeff Byrd, Mpls. Central :09.7
Russ Tuff, Blackduck :09.9
Robert Blakeley, St. Paul Central :10.0
Mitch Lentz, Spring Valley :10.0
Steve Makie, Eden Prairie, :10.0
Al Markfort, St. Paul Harding :10.0

220 Yard Dash

Steve Makie, Eden Prairie, :21.8
Paul Otto, Edina East :21.9
Ryan Lamppa, Benson :22.0
Dan Dailey, Henry Sibley :22.2
Tom Frericks, Silver Bay :22.2

440 Yard Dash

Steve Makie, Eden Prairie, :48.5
Paul Otto, Edina East :48.5
Ryan Lamppa, Benson :48.9
Tom Coles, Hutchinson :49.0

880 Yard Run

Mark Richardson, St. Paul Johnson 1:55.3
Geno DiMagno, Rochester Mayo 1:56.3
Rob Carney, Burnsville 1:56.5
Bob Haugen, Robbinsdale 1:56.5

One Mile Run

Rob Carney, Burnsville 4:15.9
Tom Poliseno, Little Falls 4:17.4
Don Hurley, Cretin 4:19.8
Ken Trautman, Winona 4:19.9

Two Mile Run

Pat Sullivan, St. Thomas Academy 9:13.1
Don Hurley, Cretin 9:16.4
Dave O'Brien, Burnsville 9:16.6

120 Yard High Hurdles

Jon Charlson, Kellogg :14.3
Mike Siskin, Wayzata :14.4
George Csathy, Robbinsdale :14.4
Todd Elmquist, North St. Paul :14.4

330 Yard Intermediate Hurdles

Chuck Lowell, White Bear Lake :39.5
Ged Frank, South St. Paul :39.8
Bill Tolbert, Moorhead :39.8

880 Yard Relay (4x200)

Minnetonka 1:30.7
Robbinsdale Armstrong 1:29.7
Hopkins Lindbergh 1:29.9
Bloomington Jefferson 1:30.0
Henry Sibley 1:30.1
St. Paul Harding 1:30.2

Mile Relay (4x440)

Albert Lea 3:23.5
Stillwater 3:23.5
Mounds View 3:23.9
St. Thomas Academy 3:24.1

Mile Sprint Medley Relay (220,220,440,880)

Burnsville 3:32.0
Wayzata 3:32.3
Albert Lea 3:33.2
Mounds View 3:33.3

Shot Put

Don Hoffman, Blaine 58-5.5
Steve Cartier, White Bear Lake 56-9.5
Paul Brown, Winona 56-9.5

Discus Throw

Brad Hanson, Edina West 184-1
Dave Lindahl, North St. Paul 166-0
Joel Brinkman, Glencoe 165-9.5

High Jump

Ron Stark, Pine River 6-8
Al Neuman, Rosemount 6-7
Dave Trost, Silver Bay 6-7
Wayne Larson, Coon Rapids 6-7
Jeff Summers, White Bear Lake 6-7

Pole Vault

Steve Jungbauer, Saint Francis 14-5
Tony Spandl, Staples 14-5
Rob Rolando, Silver Bay 14-2.25

Long Jump

Rick Johnson, Anoka 23-3.25
Wayne Larson, Coon Rapids 22-8.25
Mitch Lentz, Spring Valley 22-6.25
Chris Messeril, Mounds View 22-6
Jon Charlson, Kellogg 22-4
Dan Waldon, New Ulm 22-3

Triple Jump

Pete Eastman, Mounds View 46-1.5
Wayne Larson, Coon Rapids 45-3.75
Jeff Summers, White Bear Lake 44-9.25