

1979 Track & Field Honor Roll (5/29/79)

St. Paul Pioneer Press by Gary Olson

(might not include all Regionals or the State Meet)

(many of these marks have been converted from yard to metric times)

100 Meter Dash

Jeff Byrd, Mpls. Central :10.6
Andre Billups, St. Paul Central :10.8
Tim Ranes, Bricelyn-Frost :10.8
Tom Coles, Hutchinson :10.9
Frank Belline, Wayzata :10.9
Steve Dunn, Rochester JM :10.9
Del Roy Blake, Osseo :10.9
Doug Braziel, Mpls. North :10.9
Kurt Erickson, North St. Paul :10.9

200 Meter Dash

Jeff Byrd, Mpls. Central :21.9
Andre Billups, St. Paul Central :22.0
Dan Mickelson, Hibbing :22.3
Mike Stephens, Duluth East :22.4
Steve Dunn, Rochester JM :22.5
Craig Bitter, Eden Prairie :22.5
Tim Buesgens, Norwood-Young Am. :22.5
Mike Kingery, Atwater :22.5
Scott Anderson, Breckenridge :22.5
Kevin Haugestad, Preston-Fountain :22.5

400 Meter Dash

Tom Coles, Hutchinson :48.6
Tom Plocker, Blue Earth :49.4
John Yorkovich, North St. Paul :49.5
Craig Bitter, Eden Prairie :49.6
Scott Anderson, Breckenridge :49.8

800 Meter Run

Mike Gebeke, White Bear Mariner 1:54.2
Mark Barnett, Fairmont 1:56.1
Dan Connors, Hill-Murray 1:56.1
Tom Kooy, Minnetonka 1:56.4
Brad Hoff, Preston-Fountain 1:56.4

1600 Meter Run

Mike Gebeke, White Bear Mariner 4:14.5
Mike McGowan, Blue Earth 4:16.7
Scott Ergen, St. Cloud Tech 4:17.5
Dave Gross, Mpls. Washburn 4:18.2
Dave Michael, Robbinsdale 4:19.0

3200 Meter Run

John Keohen, Montgomery-L 9:04.7
Dave Morrison, Lakeville 9:08.6
Jason Griak, St. Louis Park 9:16.2
Dave Michael, Robbinsdale 9:16.2
Dan Schoepke, Burnsville 9:16.9

110 Meter High Hurdles

Bill Sack, Waseca :14.2
Jon Kozlowski, Pipestone :14.4
Rick Steblay, Elk River :14.4
Steve Pullens, Golden Valley :14.5
Steve Killen, Owatonna :14.5
Tom Krieger, Austin :14.5
Bob Sobieck, Alexander Ramsey :14.5

300 Meter Intermediate Hurdles

Rick Steblay, Elk River :38.2
Bill Sack, Waseca :38.9
Steve Killen, Owatonna :38.9
Pete Birkeland, White Bear Lake :38.9
Mike Tabor, Chatfield :39.0
Gordon Meyers, Byron :39.0
Pete Warnes, Morris :39.0

400 Meter Relay (4x100)

Minneapolis Central :43.2
St. Paul Central :43.3
Duluth Central :43.3
Bloomington Kennedy :43.4
Austin :43.5

Mile Relay (4x440)

Robbinsdale Armstrong 3:21.8
Wayzata 3:22.2
Coon Rapids 3:24.2
Minneapolis Central 3:24.4
Burnsville 3:24.6
Irondale 3:24.6

1600 Sprint Medley Relay (200,200,400,800)

White Bear Mariner 3:32.0
Robbinsdale Cooper 3:33.2
Mankato West 3:33.6
Robbinsdale 3:34.2
Minneapolis Washburn 3:34.7

Shot Put

Todd Spratte, Rochester 60-0
Rob McGarry, Stillwater 59-9
Greg Bartlett, Park Center 58-7.5
Todd Paveck, International Falls 57-5
Jeff Deaton, St. Cloud Apollo 56-9.5

Discus Throw

Fred Espe, White Bear Lake 180-11
Greg Kostoc, White Bear Mariner 177--5
Todd Spratte, Rochester John Marshall 176-5
White Bear Mariner 173-10
August Wolf, St. Paul Academy 169-11.5

High Jump

Van Troup, Mounds View 7-0
Jason Velgersdyk, Edina East 6-9
Tom Campbell, Bemidji 6-8
Scott Durand, Apple Valley 6-7
Tim Tieslar, Ellsworth 6-7

Pole Vault

Mike Braun, Edina East 14-4.5
Doug Weimerskirch, Minnetonka 14-3.25
Steve Veit, Edina West 14-3
David Caviness, Windom 14-1

Long Jump

Jeremy Anderson, Burnsville 22-7
Jim Gustafson, Bloomington Lincoln 22-3.5
Jeff Conley, St. Paul Central 22-1.75
Jeff Byrd, Mpls. Central 22-1.75
Steve Pullens, Golden Valley 22-0.5