

1983 Track & Field Honor Roll (6/10/83)

St. Paul Pioneer Press

(might not include all Regionals or the State Meet)

100 Meter Dash

Rick Kleber, Northfield 10.7
Jason Bruce, Burnsville 10.76
Pat Warnes, Rosemount :10.78
Nathan Cooper, Climax :10.8
Scott Stransky, Little Falls :10.8
Bryan Wade, Irondale :10.8

200 Meter Dash

Jason Bruce, Burnsville :21.2
Rick Kleber, Northfield :21.7
Nathan Cooper, Climax :21.8
Mike Keis, Forest Lake :22.2
Paul Alexander, White Bear Mariner :22.3
Ray Schreckenghaust, Elk River :22.3
Mark Montague, Robbinsdale Cooper :22.3
Andy King, Park-CG :22.3

400 Meter Dash

John Lawton, Minnetonka :48.6
Richard Harkwell, Totino Grace :48.9
Mark Bennett, Wayzata :49.4
Jason Bruce, Burnsville :49.4
Jim Grebin, Austin Pacelli :49.4
Mike Murphy, Kellogg :49.5
Jim Harding, Alexander Ramsey :49.5

800 Meter Run

Josh Bunker, Mpls. South 1:55.6
Mark Anderson, St. Cloud Apollo 1:56.2
Ed Cox, White Bear Lake 1:57.2
Paul Sampers, Apple Valley 1:57.2
Mark Pietrofesa, Mounds View 1:57.2
Mark Streifel, Robbinsdale Armstrong 1:57.3

1600 Meter Run

Jim Larranaga, Holy Angels 4:18.0
Roger Thelen, Farmington 4:18.4
Paul Gisselquist, Richfield 4:19.4
Steve Lumbar, Bemidji 4:20.9
Scott Massmann, Rocori 4:21.0
John Koenig, Mankato West 4:21.2
Chris Hall, Albert Lea 4:21.2

3200 Meter Run

Chris Hall, Albert Lea 9:17.0
Paul Gisselquist, Richfield 9:24.5
Jeff Taylor, Mounds View 9:25.4
Steve Lumbar, Bemidji 9:26.8
Roger Thelen, Farmington 9:26.9
John Bielinski, Mpls. Roosevelt 9:27.1

110 Meter High Hurdles

Jim Luff, Chisago Lakes :14.5
Craig Krupke, Elk River :14.6
Kevin Constable, Hopkins Lindbergh :14.6
Steve Truran, Henry Sibley :14.7
Scott Dillon, Anoka :14.7
Jeff Dahmen, St. Francis :14.7
Jay Adams, Edina :14.7

300 Meter Intermediate Hurdles

Kevin Constable, Hopkins Lindbergh :38.4
Jim Luff, Chisago Lakes :38.6
Pete Keeley, Apple Valley :38.7
Jay Adams, Edina :38.9
Tony Day, Mpls. Washburn :39.2
Brian Linzie, Park-CG :39.5

400 Meter Relay (4x100)

Forest Lake :42.8
Blaine :43.0
Austin Pacelli :43.0
Robbinsdale Cooper :43.1
Bloomington Kennedy :43.1
Minneapolis North :43.1

Mile Relay (4x440)

Blaine 3:22.4
Elk River 3:22.9
Forest Lake 3:23.4
Austin Pacelli 3:24.8
Park Rapids 3:25.3
Alexander Ramsey 3:25.4
Edina 3:25.4

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

White Bear Lake 3:32.0
Blaine 3:32.1
Bloomington Jefferson 3:34.3
Woodbury 3:34.5
Elk River 3:34.5
St. Cloud Apollo 3:34.9
Apple Valley 3:34.9

Shot Put

John Sitarz, Irondale 57-6
Jim Driscoll, Simley 56-9.5
Jeff Dunlap, Rosemount 56-8.5
Mike Weiske, Westbrook 56-0.75
Mark Mendel, Wayzata 55-10
Duane Goldammer, North St. Paul 55-9.25

Discus Throw

Duane Goldammer, North St. Paul 177-0
Mike Berg, St. Charles 175-0
Tom Copa, Coon Rapids 173-5
Joe Schuster, Faribault 173-0
Mark Mendel, Wayzata 164-11
Dave Rasmussen, Irondale 164-9

High Jump

Darren Christensen, Lakeville 6-8.75
Greg Lawson, Blaine 6-9
Jay Adams, Edina 6-7
Brad Gillingham, Little Falls 6-7
Gary Beaudot, Austin Pacelli 6-7
Jay Larson, Orono 6-6.5

Pole Vault

Dave Anderson, St. Louis Park 14-5
Pete Walker, Austin 14-1
Nick Berg, Bemidji 14-1
Kelly Hughes, Apple Valley 14-0.75
Pete Domeier, St. Cloud Cathedral 13-7
Darryl Wesloh, Park Center 13-6
Laurie Wehking, Fulda 13-6
Mark Johnson, Mounds View 13-6

Long Jump

Von Shepard, St. Paul Central 23-1.75
Dave Mickelson, Hibbing 22-6.5
Ray Schreckenghaust, Elk River 22-4.5
Dan Blakeslee, Spring Valley 22-3
Joe Meyer, St. Cloud Apollo 22-1.5
Jack Trittin, Apple Valley 22-0

Triple Jump

Rick Kleber, Northfield 45-4
Steve Alms, Red Wing 45-4
Dave Mickelson, Hibbing 45-0
Mark Stewart, Mounds View 44-8.25
Mark Peters, Winona 44-2
Tom Collins, North St. Paul 44-0.5

Note: The newspaper treated FAT & handheld times the same. Thus a 10.7 (HH) is ranked ahead of a 10.76 and a 10.81 does not make the list while a 10.8 does.