

# 1984 Track & Field Honor Roll (6/6/84)

## St. Paul Pioneer Press

(might not include all Regionals or the State Meet)

### 100 Meter Dash

Lorenzo Martin, Mpls. Roosevelt :10.7  
Chad Hilton, Redwood Falls :10.7  
Brian Tetzlaff, St. Paul Harding :10.8  
Scott Bissen, Austin Pacelli :10.8  
Rob Nielsen, Moorhead :10.84  
Jason Crocker, Minnehaha Academy :10.9  
Tim Reese, Coon Rapids :10.9  
Terrell Sinkfield, Mpls. Henry :10.9  
Mike Broemer, Irondale :10.9

### 200 Meter Dash

Lorenzo Martin, Mpls. Roosevelt :21.7  
Dione Clare, Delano :21.9  
Dwayne Harwell, St. Paul Johnson 22.06  
Mike Broemer, Irondale :22.1  
Rod Behm, Proctor :22.1  
Jason Crocker, Minnehaha Academy :22.1  
Terrell Sinkfield, Mpls. Henry :22.1

### 400 Meter Dash

Richard Harkwell, Totino Grace :48.5  
Jim Grebin, Austin Pacelli :48.7  
Ken Rothenberger, Jordan :48.7  
Mike Murphy, Kellogg :49.0  
Daryl Zachary, Bloomington Jefferson :49.2  
Mark Bennett, Wayzata :49.31

### 800 Meter Run

Dale Oie, Coon Rapids 1:55.4  
Jim Larranaga, Holy Angels 1:55.4  
Steve West, SP Highland Park 1:55.69  
Jim Scott, Bloomington Jefferson 1:56.0  
Dave Rand, Blaine 1:56.7  
Steve Webber, Simley 1:56.8

### 1600 Meter Run

Jim Larranaga, Holy Angels 4:15.9  
Carson Hoeft, Robbinsdale Armstrong 4:17.5  
Todd Beetcher, Rochester Mayo 4:19.7  
Lars Erickson, Bloomington Kennedy 4:19.8  
Dave Smisek, Robbinsdale Armstrong 4:19.9  
John Long, Totino Grace 4:20.1

### 3200 Meter Run

John Bielinski, Mpls. Roosevelt 9:21.8  
Jeff Taylor, Mounds View 9:22.9  
Wright Laufenberg, Hopkins 9:23.3  
Bob Kempainen, Hopkins 9:28.1  
Steve Lumbar, Bemidji 9:30.61  
Mark Lingle, Park Rapids 9:30.87

### 110 Meter High Hurdles

Scott Dillon, Anoka :14.2  
Harvey Wenderski, Rocori :14.29  
Steve Quenette, Moorhead :14.47  
Craig Krupke, Elk River :14.7  
Mark Schaber, Kellogg :14.8  
Jay Jorgenson, Detroit Lakes :14.9  
John Briese, Park-CG :14.9  
Rick Feist, Wells-Easton :14.9  
Dave DeSutter, Aitkin :14.9  
Mike Morton, Hopkins :14.9  
Mike O'Connor, Austin Pacelli :14.9

### 300 Meter Intermediate Hurdles

William Turner, St. Paul Central :39.43  
Brent Langford, Fairmont :39.5  
Jay Jorgenson, Detroit Lakes :39.56  
Ty Farley, Edina :39.6  
Tim Morcam, Babbit :39.6  
Jim Younger, Bloomington Jefferson :39.8  
Brett Adams, Rochester JM :39.8  
Rick Feist, Wells-Easton :39.8

### 400 Meter Relay (4x100)

Austin Pacelli :42.8  
Anoka :42.9  
Rochester John Marshall :43.3  
Alexander Ramsey 43.3  
Hopkins 43.4  
Minneapolis Roosevelt :43.5  
St. Paul Central :43.5

### Mile Relay (4x440)

Minnetonka 3:23.9  
Fairmont 3:24.3  
Bloomington Jefferson 3:24.5  
Totino Grace 3:25.1  
Blaine 3:26.0  
Park-CG 3:26.2

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

Bloomington Jefferson 3:32.2  
Blaine 3:32.9  
Minneapolis South 3:33.0  
Osseo 3:35.6  
Shakopee 3:36.5  
Winona 3:36.7

### Shot Put

Larry Hartman, St. Louis Park 58-8  
Dan Jones, White Bear Lake 57-1  
Tim Juneau, Blaine 56-2.5  
Mark Mendel, Wayzata 54-11  
Marty Kelly, Red Wing 54-9  
Brent Hubbard, Apple Valley 54-0

### Discus Throw

Mark Mendel, Wayzata 179-8  
Mike Berg, St. Charles 171-7  
Blake Hanson, Edina 168-10.5  
Larry Hartman, St. Louis Park 168-8  
Dean Daninger, Forest Lake 165-4  
Todd Erickson, White Bear Lake 164-2

### High Jump

Gary Beaudot, Austin Pacelli 6-10  
Jeff Tilcala, Chaska 6-9  
Brad Gillingham, Little Falls 6-8  
Ken Rothenberger, Jordan 6-8  
Terry Scherer, Ortonville 6-7  
Jeff Smith, Elk River 6-7  
Joe Healy, Kenyon-Wanamingo 6-7  
Steve Munkholm, Chisago Lakes 6-7  
Matt Baldwin, Hopkins 6-7

### Pole Vault

Erling Ringquist, Mpls. Roosevelt 14-10  
Jim Lim, Edina 14-1.5  
Pete Walker, Austin 14-0  
Shane Anderson, Kellogg 13-9.25  
Scott Sather, Eden Prairie 13-8  
Nick Berg, Bemidji 13-8

### Long Jump

Brian Trombley, Anoka 22-7.25  
Greg Ries, Simley 22-2.5  
Sean Bradley, Duluth East 22-1  
Mike Larson, Moorhead 22-0.25  
Erickson, White Bear Lake 21-9.75  
Jason Crocker, Minnehaha Academy 21-9

### Triple Jump

Tom Johnson, Monticello 46-11  
Andy Harrington, North Branch 45-7  
Mark Stewart, Mounds View 45-3.25  
Greg Ries, Simley 45-1  
Mike Hesse, Wayzata 44-10.75  
Craig Otto, Elk River 44-6.75  
Darrell Thompson, Rochester JM 44-6.75

**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.