

1976 GIRLS MSHSL STATE CLASS A CHAMPIONSHIP

June 4 & 5, 1976 at Richfield High School (FIRST CLASS A MEET- all winning marks are Class Records)

Teams: (10,8,6,4,2,1)	Slayton 13	Blooming Prairie 8	St. John's Prep 6	Atwater 4
Buffalo Lake 29	Bagley 12	Red Lake Falls 8	Glyndon-Felton 6	Madelia 4
Rochester Lourdes 28	Arlington-Green Isle 11	Aitkin 7	St. Michael-Albertville 6	Dover-Eyota 4
Redwood Falls 24	Hinckley 10	Lake Park 6	Hermantown 5	Plainview 3
St. James 24	Henderson 10	Renville 6	Gaylord 5	Pipestone 2
Richfield Holy Angels 22	Winsted Holy Trinity 10	Deer River 6	Spring Valley 4	Winthrop 1
Southwest Christian 20	Winthrop 10	Pillager 6	Pelican Rapids 4	Wheaton 1
St Paul Mechanic Arts 18	Stewartville 10	Sartell 6	Blue Earth 4	Chandler-Lake Wilson 1
Lake Benton 16	Austin Pacelli 8	Delano 6	Welcome 4	Foley 1
Milaca 16	Holdingsford 8	Hayfield 6	Stewart 4	Frost 1
Glenville 14	Walker 8	Minnesota Lake 6	Comfrey 4	North Branch 1

Two Mile Run (New Event)

- 1 Sherry Mortenson, Hinckley 11:26.8
- 2 Mary Krousey, Grey Eagle 11:49.1
- 3 Isabella Cepelcha, Redwood Falls 11:53.2
- 4 Donna Gathje, Lourdes 11:55.6
- 5 Doreen Zinnel, Slayton 12:03.4
- 6 Mary O'Brien, Winthrop 12:11.8

220 Yard Dash

- 1 Diane Bergquist, St James 26.0
- 2 Marcia Carroll, Glenville 26.2
- 3 Diane Berghuis, Milaca 26.3
- 4 Kris Knickrehm, St. James 26.4
- 5 Heidi Kruger, Plainview 26.5
- 6 Ronalee Vanderwaal, Gaylord 30.8

880 Yard Run

- 1 Kathy Lee, Lourdes 2:19.1
- 2 Wren Schafer, Buffalo Lake 2:20.7
- 3 Julie Sherber, St. Michael-Alb 2:21.3
- 4 Robin Clark, Dover-Eyota 2:21.1
- 5 Linda Hawton, Redwood Falls 2:23.6
- 6 Christi Begeman, SW Christian 2:23.7

100 Yard Dash

- 1 Diane Berghuis, Milaca 11.7
- 2 Lynne Vos, Holdingsford 11.8
- 3 Marcia Carroll, Glenville 11.8
- 4 Deb Rosenberg, Welcome 11.8
- 5 Diane Bergquist, St James 11.8
- 6 Heidi Kruger, Plainview 11.9

One Mile Run

- 1 Arla VanderWoude, SW Christian 5:18.0
- 2 Diane Geiger, Walker 5:18.5
- 3 Mary Mielke, Delano 5:21.2
- 4 Julie Pagenkopf, Stewart 5:26.5
- 5 Mary Jo Weis, Lourdes 5:27.5
- 6 Sue Blegen, Slayton 5:31.4

110 Yard Hurdles

- 1 Beth Sorenson, Bagley 15.0
- 2 Pam Wittwer, Redwood Falls 15.2
- 3 Patricia Reimer, Pillager 15.2
- 4 Chris Vierzba, Sartell 15.2
- 5 Tammi Kruehn, SW Christian 15.3
- 6 Carol Buldhaupt, Chandler 15.4

180 Yard Hurdles (New Event)

- 1 Donna Tiegs, Henderson 24.2
- 2 Jane Healy, Red Lake Falls 24.3
- 3 Cheryl Hoechst, Minnesota Lake 24.3
- 4 Kim Haugen, Pelican Rapids 24.3
- 5 Chris Vierzba, Sartell 24.3
- 6 Linda Richards, Buffalo Lake 24.6

High Jump

- 1 Joan Guggemos, Winsted 5-3
- 2 Roxanne Robinson, Mechanic Arts 5-2
- 3 Lucy Hanson, St John's Prep 5-2
- 4 Lori Gunner, Atwater 5-2
- 5 Jody Prinsen, Pipestone 5-2
- 6 Ren Amundson, Frost 5-1

440 Yard Dash

- 1 Wren Schafer, Buffalo Lake 58.1
- 2 Lon Ulrich, Holy Angels 58.1
- 3 Sheryl Schmeling, Hayfield 59.2
- 4 Sandi Samuelson, Comfrey 59.5
- 5 Joan Hopfenspirger, Redwood Falls 60.0
- 6 Lois Bergstrom, Foley 60.6

Shot Put

- 1 Jenny Macken, Stewartville 40-5 ½
- 2 Deanne Morehouse, Lake Benton 40-4 ½
- 3 Carol Beske, Lake Park 40-0
- 4 Deenie Swart, Renville 38-11 ¾
- 5 Ronda Schaal, Blue Earth 38-1 ¼
- 6 Deb Wohlenhaus, Wheaton 37-11

Discus

- 1 Chris Frey, Lourdes 125-4
- 2 Deanne Morehouse, Lake Benton 123-4
- 3 Beth McCleary, Aitkin 109-6
- 4 Shari Dupre, Madelia 108-4
- 5 Ronda Schaal, Blue Earth 104-5
- 6 Tammy Aszmann, North Branch 103-0

Long Jump

- 1 Cathy Hartmann, Arlington 17-8 ½
- 2 Linda Sunderman, Pacelli 17-1 ½
- 3 Diane Piri, Deer River 16-11 ¾
- 4 Rhonda House, Spring Valley 16-8 ¼
- 5 Wendy Hagen, Renville 16-7 ½
- 6 Beth McCleary, Aitkin 16-6 ¾

880 Yard Relay

- 1 Holy Angels (T Burns, M Anderson, J Luxem, S Wacker) 1:46.6
- 2 Blooming Prairie (M Morrison, D Hanson, L Peterson, J Walsh) 1:47.4
- 3 SW Christian (V Schaap, M VanEssen, G VanEssen, R Sas) 1:47.8
- 4 Hermantown (K Kirkland, P Reinke, J Bloom, N Rush) 1:47.9
- 5 Slayton (C Foster, P Mettling, M Konkal, G Grieme) 1:48.7
- 6 Arlington-Green Isle (C Hartmann, J Schulz, S Bergner, B Bergner) 1:49.5

440 Yard Relay

- 1 Mechanic Arts (M Bryant, G Ulmer, R Robinson, L Roby) 50.4
- 2 St James (D Bergquist, P Johnson, D Roeglin, K Knickrehm) 50.5
- 3 Glyndon-Felton (J England, D Schwalm, K Kassenborg, B England) 51.0
- 4 Gaylord (R VanderWall, A Nelson, J Huelskamp, K Stoll) 51.1
- 5 Bagley (R Sletten, K Lee, B Carlson, B Sorenson) 51.4
- 6 Hermantown (K Kirkland, P Reinke, J Bloom, N Rush) 51.7

Mile Relay (4x440) (New Event)

- 1 Buffalo Lake (L Richards, S Leske, L Schaer, W Schafer) 4:04.1
- 2 Slayton (M Konkol, C Foster, C Kramer, S Blegen) 4:04.6
- 3 Redwood Falls (Je Hopfenspirger, I Cepelcha, S Prah, Jo Hopfenspirger) 4:05.3
- 4 Holy Angels (S Wacker, T Burns, M Anderson, L Ulrich) 4:09.2
- 5 Rochester Lourdes (E Wente, M Clark, J Vehrenkamp, K Lee) 4:10.3
- 6 SW Christian (Ru Sas, V DeBoer, A VanderWoude, Re Sas) 4:10.7