

1979 MSHSL GIRLS CLASS A STATE CHAMPIONSHIP

St. Cloud Apollo – May 30 & 31, 1979

Teams:

Plainview	44	Redwood Falls	12	Lamberton	8	North Branch	6	Sauk Centre	2
Cannon Falls	19	Greenway (Coleraine)	11	Winthrop	8	Spring Valley	6	Pine River	2
Mt. St. Benedict (Crkstr)	18	Slayton	11	Annandale	8	Henderson	4	Spring Valley	2
Welcome	18	Dassel-Cokato	10	Lanesboro	8	Belgrade	4	Bellingham	2
Rochester Lourdes	18	Blake	10	Lake Benton	8	Frazee	4	Silver Bay	1
Caledonia	16	Staples	10	Breckenridge	7	Chokio-Alberta	4	Bagley	1
Windom	16	Akeley	10	Westbrook	6	St. Paul Murray	4	East Chain	1
Barnesville	16	Holy Angels	10	LeCenter	6	Elgin-Millville	4	Concordia Academy	1
Esko	14	St. James	10	Howard Lk-Waverly	6	Ely	4	Tracy	1
Watertown-Mayer	14	Rushford	10	Rush City	6	Mapleton	4	Lester Prairie	1
Glencoe	12	Benson	8	Henning	6	Glenwood	2		

110 Yard Low Hurdles (wind-aided)

1 Sue Esch, Caledonia	14.8
2 Mary Elston, Windom	14.8
3 JoAnn Pokornowski, Dassel-C	15.0
4 Julie Legler, Chokio-Alberta	15.0
5 Sandy Prahl, Redwood Falls	15.0
6 Theresa Schmidt, St. James	15.2

100 Yard Dash (wind-aided)

1 Deb Rosenberg, Welcome	11.0
2 Heidi Kruger, Plainview	11.3
3 Maureen Kittock, Howard L-W	11.4
4 Kathy Stoll, Greenway (Coler.)	11.5
5 Denise Bullocks, Mt St Benedict	11.6
6 Laurie Hernke, Cannon Falls	11.6

Two Mile Run

1 Monica Schliep, Roch Lourdes	11:21.5 **
2 Kristen Asp, Lamberton	11:21.6
3 Jean Zelenka, LeCenter	11:25.0
4 Joyce Kampsen, Belgrade	11:29.5
5 Ruby Norton, Sauk Centre	11:45.8
6 Doreen Zinnel, Slayton	

One Mile Run

1 Joan Hpfenspirger, Redwood F	5:09.3 **
2 Teresa Mayer, Roch Lourdes	5:10.7
3 Martha Finch, Blake	5:19.9
4 Deb Trantina, Staples	5:20.0
5 Liz Backes, Dassel-Cokato	5:21.4
6 Sara Sussenguth, Breckenridge	5:22.3

440 Yard Dash

1 Denise Bullocks, Mt St Benedict	58.5
2 Laurie Hernke, Cannon Falls	59.2
3 Paula Behrendt, Rush City	59.2
4 Debbie Stampley, St P Murray	59.3
5 Pam Olsgaard, Barnesville	59.9
6 Denise Fahrlander, Bagley	60.5

180 Yard Low Hurdles (wind-aided)

1 Sue Carter, Plainview	22.9
-------------------------	------

2 Mary Elston, Windom	23.5
3 Sue Esch, Caledonia	23.6
4 Krissy Lindstrom, Watertown-M	23.8
5 Cindy Rademacher, Bellingham	24.0
6 Mary Sullivan, Holy Angels	24.3

High Jump

1 Penny Quiram, Plainview	5-4
2 Melissa Eckhoff, Benson	5-4
3 Linda Green, Westbrook	5-4
4 Brenda Braun, Henderson	5-3
5 Cheryl Kerfeld, Glenwood	5-2
6 Tammy LeGault, Silver Bay	5-2

Long Jump (wind-aided)

1 Martha Anderson, Holy Angels	18-3
2 Kay Brissler, Lake Benton	17-8 ½
3 Rhonda House, Spring Valley	17-8
4 Patty Harris, Mapleton	17-3 ¾
5 Cindy Hiedeman, Breckenridge	17-3
6 Kay Konerza, Lester Prairie	17-2 ½

440 Yard Relay

1 Plainview (Sue Carter, Antoinette Dittrich, Sandy Carter, Heidi Kruger)	50.7
2 Annandale	51.3
3 Greenway (Coleraine)	51.6
4 Glencoe	52.0
5 Breckenridge	52.1
6 Dassel-Cokato	52.1

880 Yard Run

1 Kelly Valliere, Henning	2:17.6
2 Lori Bearson, Lanesboro	2:17.9
3 Dorene Trantina, Staples	2:20.1
4 Lori Phipps, Elgin-Millville	2:20.3
5 Janice Foster, Slayton	2:20.5
6 Lisa Hirt, Concordia Academy	2:20.6

220 Yard Dash (wind-aided)

1 Laurie Hernke, Cannon Falls	25.3
2 Deb Rosenberg, Welcome	25.8

3 Denise Bullocks, Mt St Benedict	25.9
4 Pam Olsgaard, Barnesville	26.0
5 Heidi Kruger, Plainview	26.0
6 Kathy Stoll, Greenway (Coler.)	26.0

880 Yard Relay

1 Watertown-Mayer (Mary Staffer, Renae Reimer, Barb Blacketter, Krissy Lindstrom)	1:47.0
2 Saint James	1:47.1
3 Glencoe	1:48.1
4 Plainview	1:48.2
5 Breckenridge	1:50.3
6 Dassel-Cokato	1:50.7

One Mile Relay

1 Barnesville (Kristi Nord, Barb Nosal, Karen Peterson, Pam Olsgaard)	4:07.5
2 Slayton	4:09.8
3 North Branch	4:10.4
4 Blake	4:10.5
5 Glencoe	4:13.0
6 Tracy	4:14.1

Shot Put

1 Jana Elansky, Akeley	44-7 ¼ **
2 Sharyl Geisert, Esko	42-4
3 Diane Swanson, Henning	42-1 ½
4 Sherry Hill, Ely	42-0
5 Rhonda House, Spring Valley	41-7 ¾
6 Linda Gustafson, East Chain	41-7 ½

Discus

1 Brenda Johnson, Rushford	129-9
2 Nancy Trebbensoe, Winthrop	129-7
3 Sharyl Geisert, Esko	119-11
4 Patty Niemann, Frazee	117-5
5 Marie Sherwood, Pine River	115-8
6 Karen Bakke, St. James	113-7

**New Class A Record

Notes: Plainview was coached by John Dzubay. The meet was contested on Wednesday & Thursday in conjunction with the A Boys.