

## 1978 Region 5A Girls- Saturday, June 3rd at Watertown

**Teams:** Holy Angels 60, Annandale 52, Holdingford 43, Blake 38, Dassel-Cokato 36, Watertown 35, Albany 25, Belgrade 23, Kimball 21, Foley 16, Howard Lake-Waverly 11, St. Cloud Cathedral 10, Becker 9, Pierz 9, Paynesville 8, Delano 8, Monticello 7, Big Lake 6, Isle 6, Sartell 6, Brooten 6, Grey Eagle 6, Rochford 4, Ogilvie 4, Golden Valley 4, St. John's Prep 2, Upsala 2, Aitkin 1, Grove City 1, Mora 1, Onamia 1, Marshall-University 1.

### 100 Yard Dash

- 1 Martha Anderson, Holy A 12.1
- 2 Lisa Horne, Annand 12.3

### 220 Yard Dash

- 1 Martha Anderson, Holy A 26.9
- 2 Maureen Kittock, HL-W 27.0
- 3 Lynne Ahsenmacher, Annand

### 440 Yard Dash

- 1 Loni Ulrich, Holy A 60.1
- 2 Lois Bergstrom, Foley 60.5

### 880 Yard Run

- 1 Gail Ernsbergeer, Blake 2:25.0
- 2 Kris Linstrom, Watert 2:27.2
- 5 Debbie Ergen, Annand

### One Mile Run

- 1 Martha Finch, Blake 5:23.0
- 2 Diane Hubbard, Becker 5:28.5

### Two Mile Run

- 1 Joyce Kampsen, Belgrade 11:42.7
- 2 Mary Mielke, Delano 11:55.1

### 110 Yard Low Hurdles

- 1 JoAnne Porkornowski, D-C 15.1
- 2 Kathy Hunt, Kimb 15.8

### 180 Yard Low Hurdles

- 1 Kathy Hunt, Kimb 24.9
- 2 Barb Noll, Albany 25.2
- 3 Karen Shierts, Annand

### 440 Yard Relay

- 1 Dassel-Cokato 50.6

### 880 Yard Relay

- 1 Holdingford 1:50.1
- 4 Annandale

### One Mile Relay

- 1 Holy Angels 4:10.5
- 5 Annandale 4:18.0

### Long Jump

- 1 Julie Dzik, Holy A 17-4.75
- 2 Shelly Cipala, Holdingf 17-2.5

### High Jump

- 1 Joyce Kampsen, Belgrade 5-2
- 2 Teresa Voss, Paynesv 5-2

### Shot Put

- 1 Linda Weisbrich, Albany 38-2.75
- 2 Sue Dahl, Watert 36-8
- 3 Sharon Provo, Annand

### Discus

- 1 Sharon Provo, Annand 115-4
- 2 Sue Dahl, Watert 105-1

**Notes:**