

1978 Region 7AA Girls- Saturday, June 3rd at Saint Francis

Teams: International Falls 74, Saint Francis 60, Cloquet 56, Duluth Central 56, Proctor 40, Chisago Lakes 30, Cambridge 28.5, Hibbing 27, Duluth East 17.5, Two Harbors 16, Grand Rapids 12, Milaca 10, Duluth Denfeld 9, Aurora-Hoyt Lakes 8, Princeton 7, Virginia 1

100 Yard Dash

- 1 Patty Wicht, SF 11.3
- 2 Debby Hunter, Cloq 11.5
- 3 Diane Berghuis, Mil 11.5
- 4 Rose Walker, IF 11.8
- 5 Trudi Breitzman, SF 11.9
- 6 Heather Meineke, Hibb 12.0

220 Yard Dash

- 1 Patty Wicht, SF 25.5
- 2 Debby Hunter, Cloq 25.8
- 3 Sue Anderson, Cam 26.0
- 4 Diane Darker, Denf 26.4
- 5 Diane Berghuis, Mil 26.5
- 6 Brenda Randall, Cloq 26.7

440 Yard Dash

- 1 Terrie Parchem, Cloq 60.3
- 2 Amy Caryl, Cam 60.4
- 3 Karen Munk???, CL 61.4
- 4 Terry Miller, IF 62.9
- 5 Cindy Bonde, SF 63.4
- 6 Vicki Cich, Denf 63.6

880 Yard Run

- 1 Jill Gilderma, Proc 2:22.1
- 2 Cheryl Mindestrom, TH 2:22.5
- 3 Denyse Madden, SF 2:22.5
- 4 Ann Tarro, IF 2:23.5
- 5 Debbie Lyle, DC 2:23.6
- 6 Kathy Farrel, AHL 2:29.2

One Mile Run

- 1 Tina Bahr, IF 5:27.6
- 2 Donna Hamsmith, Proc 5:32.0
- 3 Rita Reitz, DC 5:38.9
- 4 Kami Cayou, IF 5:39.3
- 5 Sheri Montavon, GR 5:40.0
- 6 Shelly Beals, Prin 5:41.5

Two Mile Run

- 1 Shelly Brisbois, Hibb 11:53.4
- 2 Diane Morin, Proc 12:06.9
- 3 Kris Erickson, Cam 12:12.8
- 4 Therese Windus, Denf 12:50.5
- 5 Tammy Becker, Mil 12:51.9
- 6 Andrea Neustal, DC 12:56.3

110 Yard Low Hurdles

- 1 Mary Campbell, DC 15.2
- 2 Heidi Hennemuth, Cloq 15.3
- 3 Julie Wilson, Cam 15.5
- 4 Gretchen Schlitz, Hibb 15.9
- 5 Anne Koch, CL 15.9
- 6 Cindy Bonde, SF 16.2

180 Yard Low Hurdles

- 1 Mary Campbell, DC 24.9
- 2 Mel Johnson, TH 25.3
- 3 Debbie Jean, IF 25.9
- 4 Gretchen Schlitz, Hibb 26.9
- 5 Anne Koch, CL 27.3
- 6 Heidi Hennemuth, Cloq 27.7

440 Yard Relay

- 1 Cloquet 50.6 (Gelach, Mellen, Parchem, Hunter)
- 2 Intl Falls 51.2
- t3 Dul Central 52.3
- t3 St. Francis 52.3
- t3 Hibbing 52.3
- 6 Dul East 52.4

880 Yard Relay

- 1 Intl Falls 1:47.8 (S Walker, Herzig, Cayou, R Walker)
- 2 St. Francis 1:48.4
- 3 Dul Central 1:49.2
- 4 Hibbing 1:50.4
- 5 Cambridge 1:51.3
- 6 Virginia 1:52.4

One Mile Relay

- 1 St. Francis 4:06.4 (Wicht, Madden, Bonde, Krause)
- 2 Chisago Lakes 4:08.2
- 3 Dul Central 4:18.3
- 4 Intl Falls 4:19.7
- 5 Grand Rapids 4:22.2

Long Jump

- 1 Debby Hunter, Cloq 17-6.25
- 2 Lori Lochner, CL 16-6.25
- 3 Cindy Rogers, GR 16-2
- 4 Tina Madich, DE 15-8.5
- 5 Jackie Funk, SF 15-3
- 6 Callie Carlson, SF 15-1.5

High Jump

- 1 Jeanne Blais, IF 5-7.5 (won jump-off)
- 2 Lori Lochner, CL 5-7.5
- 3 Mary Peterson, Prin 5-2
- 4 Sue Johnson, CL 5-0
- 5 Mary Lenth, IF 5-0
- 6 Tina Madich, DE 4-10

Shot Put

- 1 Arlys Johnson, IF 40-7
- 2 Kris Freeman, DE 36-11
- 3 Sue Koivisto, Proc 36-6.5
- 4 Kris Benzie, GR 35-8
- 5 Georgia Clafin, DE 35-2.5
- 6 Maureen Riley, DC 35-1.5

Discus

- 1 Maureen Riley, DC 114-7
- 2 Sue Koivisto, Proc 106-10
- 3 Laura Huggins, AHL 101-8
- 4 Pat Jones, SF 101-7
- 5 Kris Freeman, DE 101-2
- 6 Nancy Niemi, AHL 98-6

** Meet Record

Notes: International Falls was coached by Verlie Surface.