

180 Yd. Low Hurdles	19:6	Mike Frericks	Silver Bay	1977
High Jump	6'8"	Rohn Stark	Pine River	1977
Long Jump	23'2½"	Jay Bunke	Rushford	1976
Pole Vault	13'8¼"	Rob Rolando	Silver Bay	1977
Shot Put	58'9¾"	Royce Bottin	Jackson	1975
Discus	176'7"	Rick Ailts	Jackson	1973
880 Yd. Relay	1:30.7	Mike Frericks, Rob Rolando, Joe Bianco, Tom Frericks	Silver Bay	1977
Mile Medley Relay	3:34.0	Dan True, Dave Olson, Norm Judd, Bob Mehrhof	Blue Earth	1976
Mile Relay	3:26.8	Phil Bergstedt, Kevin Lindell, Dennis Meierotto, Jeff Salo	Esko	1976

TEAM STANDINGS

CLASS "A"

1. Silver Bay	51	T11. Pillager	10	T27. Gaylord	6	T37. Morris	4
2. Benson	50	17. Blake	9	T27. Red Lake Falls	6	T45. Edgerton	3
3. LaCrescent	22	T18. Stewartville	8	T27. Gibbon	6	T45. Glencoe	3
T4. Golden Valley	20	T18. Verndale	8	T27. Montevideo	6	T47. Lewiston	2
T4. Pine River	20	T18. Brewster	8	T27. Herman	6	T47. Gilbert	2
T6. Slayton	18	T18. Spring Valley	8	T27. Byron	6	T47. Kimball	2
T6. Winthrop	18	T18. Barnesville	8	36. St. John's Prep	5	T47. Appleton	2
8. North Branch	17	T18. Elgin-Millville	8	T37. Frazee	4	T51. Redwood Falls	1
T9. Marshall-U	11	T18. Rochester Lourdes	8	T37. Maynard	4	T51. Clara City	1
T9. Bagley	11	T18. Blue Earth	8	T37. Grand Rapids	4	T51. Delano	1
T11. Bird Island	10	26. Fosston	7	T37. Blackduck	4	T51. Mora	1
T11. St. Agnes	10	T27. St. Michael-Albertville	6	T37. Karlstad	4	T51. Wells-Easton	1
T11. Breckenridge	10	T27. Carlton	6	T37. Dilworth	4	T56. Askov	½
T11. Annandale	10	T27. S.W. Christian-Edgerton	6	T37. Pierz	4	T56. Ruthton	½
T11. Chisago Lakes	10						

CLASS "A" INDIVIDUAL RESULTS

TWO MILE RUN

1. Mark Zinnel, Slayton	9:24.0
2. Dave Peterson, Winthrop	9:38.5
3. Jim Robeck, St. Michael-Albertville	9:39.2
4. John Williamson, Marshall-U	9:40.8
5. Bryan Huhnerkoch, Lewiston	9:52.9
6. Brett Schmidt, Redwood Falls	9:59.9

MILE RUN

1. Kurt Johnson, Golden Valley	4:21.6*
2. Rob Serres, LaCrescent	4:21.9
3. Tom Jirele, Rochester Lourdes	4:24.6
4. Wayne Lutz, Karlstad	4:25.8
5. Dale Schoolmeester, Southwest Christian	4:26.5
6. Dave Reider, Delano	4:27.1

*Class A State Meet Record

MILE RELAY

1. Chisago Lakes (Mike LeVasseur, Paul Melotte, Joel Blackford, Mike Nelson)	3:27.1
2. Stewartville	3:28.3
3. Benson	3:28.4
4. Morris	3:30.6
5. Breckenridge	3:30.7
6. Wells-Easton	3:31.1

880 YD. RELAY

1. Silver Bay (Mike Frericks, Rob Rolando, Joe Bianco, Tom Frericks)	1:30.7*
2. Blue Earth	1:32.8
3. LaCrescent	1:33.1
T4. Barnesville	1:33.2
T4. St. Agnes	1:33.2
6. Marshall-U	1:33.8

*Class A State Meet Record

120 YD. HIGH HURDLES

1. Mike Frericks, Silver Bay	14.1*
2. Eric Erwin, Elgin-Millville	14.4
3. Brian Skarboe, Gaylord	14.7
4. Craig Futterer, Grand Marais	14.7
5. Wally Arnold, Rochester Lourdes	14.7
6. Tom Reichert, St. John's Prep	14.8

440 YD. DASH

1. Ryan Lamppa, Benson	:48.7**
2. Jeff Eckhoff, Benson	:49.9
3. Mike Jungers, Gibbon	:50.8
4. Craig Dresser, Dilworth	:51.1
5. Scott Wirtanen, Gilbert	:51.2
6. Ryan Achterhoff, Edgerton	:51.3

*Class A State Meet Record

**All-Time Record of 48.1 established in preliminaries.

*Class A State Meet Record of 48.1 established in preliminaries.

100 YD. DASH

1. Ryan Lamppa, Benson	9.9 w.a.
2. Pat Stone, Blake	10.0
3. Dean Cardinal, Red Lake Falls	10.2
4. Kevin Smith, Marshall-U	10.2
5. Russell Tuff, Blackduck	10.2
6. Tom Frericks, Silver Bay	10.2

MILE MEDLEY RELAY

1. Golden Valley (Rick Chessen, Paul Ocken, Joe Fuastgen, Kurt Johnson)	3:35.6
2. Slayton	3:35.9
3. Barnesville	3:36.1
4. Southwest Christian-Edgerton	3:36.4
5. LaCrescent	3:37.1
6. Bagley	3:39.6

880 YD. RUN

1.	Dennis Lothenbach, Pillager	1:59.2
2.	Randy Ramberg, North Branch	1:59.6
3.	Mike Vipond, Herman	2:00.0
4.	Steve Faust, Pierz	2:00.5
5.	Mike Hagen, Fosston	2:01.3
6.	Mike Fellan, Mora	2:01.9

220 YD. DASH

1.	Ryan Lamppa, Benson	21.7*
2.	Steve Korth, Breckenridge	22.1
3.	Jeff Eckhoff, Benson	22.2
T4.	Mitch Lentz, Spring Valley	22.4
T4.	Russell Tuff, Blackduck	22.4
6.	Pat Stone, Blake	22.4

*Class A State Meet Record

SHOT PUT

1.	Rohn Stark, Pine River	55'5½"
2.	Mark Paulson, Verndale	54'2½"
3.	George Fall, Carlton	52'11¾"
4.	Keith Sandau, Frazee	52'10"
5.	Mike Thomas, Silver Bay	51'7"
6.	Dave Sorgaard, Fosston	50'5¾"

180 YD. LOW HURDLES

1.	Mike Frericks, Silver Bay	19.6*
2.	Mike Parizno, St. Agnes	20.1
3.	Steve Schlangen, LaCrescent	20.2
4.	Tom Reichert, St. John's Prep	20.3
5.	David Wang, Marshall-U	20.5
6.	Kirby Ekstrom, North Branch	20.4

*Class A State Meet Record

HIGH JUMP

1.	Rohn Stark, Pine River	6'8"
2.	Dave Trost, Silver Bay	6'7"
3.	Mike Johnson, Byron	6'4"
T4.	Brent Beck, Appleton	6'2"
T4.	Tim Britz, Glencoe	6'2"
T6.	Shawn Paige, Askov	6'2"
T6.	Mike Wabeke, Ruthton	6'2"

*Class A State Meet Record

LONG JUMP

1.	Dan Neubauer, Bird Island	22'¾"
2.	Bradley Altman, Brewster	21'10⅞"
3.	Mitch Lentz, Spring Valley	21'9"
4.	Doug Cobb, Maynard	21'5⅞"
5.	Ryan Achteroff, Edgerton	21'4¾"
6.	Doug Lindgren, Clara City	21'3¼"

DISCUS

1.	John Kittock, Annandale	165'5"
2.	Keith Backer, Bagley	161'9"
3.	Mike Daiss, Montevideo	152'7"
4.	Dave Sorgaard, Fosston	151'11"
5.	Bob Ampe, Kimball	149'2"
6.	Joel Brinkman, Glencoe	148'10"

POLE VAULT

1.	Rob Rolando, Silver Bay	13'8¼"
2.	Tom Crawford, North Branch	13'4¼"
3.	Brad Remus, Winthrop	13'4¼"
4.	Mark Flink, Winthrop	13'4¼"
5.	Dan Fultz, Bagley	13'0"
6.	Tom Parry, Sebeka	13'0"

*Class A State Meet Record