

1977 Region 7A Boys - Saturday, June 4th at Rush City

Teams: Silver Bay 114, North Branch 67, Chisago Lakes 64, Gilbert 27, Eveleth 27, Rush City 22, Hermantown 22, Duluth Cathedral 20, Grand Marais 15, Pine City 14, Moose Lake 12, Carlton 10, Deer River 10, Ely 10, Wrenshall 10, Babbitt 9, Esko 9, Askov 8, Biwabik 7, Nashauk-K 4, Chisholm 4, Remer 4, McGregor 2, Bigfork 2, Mountain Iron 1, Cook 1, Orr 1.

120 Yd High Hurdles

- 1 Mike Frericks, SB 14.8 **
- 2 Craig Futterer, GM 15.0
- 3 Kirby Ekstrom, NB 15.1
- 4 Jeff Hady, Herm 15.8
- 5 Rod Duich, Biwa 16.3
- 6 Rick Shuering, Orr 16.4

100 Yd Dash

- 1 Tom Frericks, SB 10.3
- 2 Rob Rolando, SB 10.4
- 3 Mike Nelson, CL 10.5
- 4 Eric Larson, CL 10.6
- 5 Jim Rauzi, Eve 10.7
- 6 Keith Graham, Cook 10.8

Mile Run

- 1 Bob Frandsen, RC 4:28.5
- 2 Rick Ramberg, NB 4:29.0
- 3 Bruce Satterlund, NB 4:37.4
- 4 Steve Erickson, ?? 4:41.4
- 5 Chris Sanders, PC 4:42.7
- 6 Kevin Atwood, Carl 4:44.4

880 Yd Relay

- 1 Silver Bay 1:34.2 (M Frericks, Rolando, Blanco, T Frericks)
- 2 Chisago Lakes 1:34.3
- 3 Eveleth 1:34.3
- 4 Moose Lake 1:35.7
- 5 Wrenshall 1:36.1
- 6 Mountain Iron 1:37.3

440 Yd Dash

- 1 Scott Wirtanen, Gilb 50.4 **
- 2 Jerry Powers, Cathed 51.5
- 3 Tom Lawrence, Eve 51.6
- 4 Mike Nelson, CL 51.6
- 5 Ralph Cox, McG 52.0
- 6 Chris Aanerud, Carl 52.9

180 Yd Low Hurdles

- 1 Mike Frericks, SB 20.0
- 2 Kirby Ekstrom, NB 20.6
- 3 Craig Futterer, GM 20.7
- 4 Jeff Hady, Herm 21.6
- 5 Bill Kargas, Eve 22.1
- 6 Dean Law, CL 22.2

880 Yd Run

- 1 Randy Ramberg, NB 1:59.7
- 2 Scott Wirtanen, Gilb 2:02.1
- 3 Craig Anders, PC 2:02.9
- 4 Bob Sauve, Cathed 2:03.0
- 5 Denis Meriotto, Esko 2:04.1
- 6 Tim Butler, NB 2:04.5

Sprint Medley Relay

- 1 Eveleth 3:43.0 (Rauzi, Kangas, Lawrence, Lahti)
- 2 Babbitt 3:45.6
- 3 Rush City 3:46.6
- 4 Silver Bay 3:51.7
- 5 North Branch 3:52.6
- 6 Esko 3:54.4

220 Yd Dash

- 1 Tom Frericks, SB 22.4 **
- 2 Tom Hazzard, Wren 23.3
- 3 Jerry Blakely, CL 23.3
- 4 Joe Argir, N-K 23.3
- 5 Rick Shaw, Herm 23.8
- 6 Eric Larson, CL 23.8

Two Mile Run

- 1 Kevin Benson, NB 10:12.8
- 2 Joe Froelke, PC 10:15.3
- 3 Mike Nelson, CL 10:21.7
- 4 Jerry Palmquist, Chis 10:24.7
- 5 Tom Nelson, RC 10:26.4
- 6 Dave Emanuelson, Babb 10:32.0

Mile Relay

- 1 Chisago Lakes 3:28.6
- 2 Silver Bay 3:30.7
- 3 Duluth Cathedral 3:31.5
- 4 Gilbert 3:32.2
- 5 North Branch 3:32.4
- 6 Eveleth 3:33.0

Shot Put

- 1 Mike Thomas, SB 52-1
- 2 George Fall, Carl 49-5
- 3 Mark Tomczak, ML 48-2.5
- 4 Fred Goebel, RC 46-5
- 5 Brad Havron, Herm 46-5
- 6 Craig Schultz, GM 46-1

Discus Throw

- 1 Kevin Sheeley, Herm 147-11
- 2 Jim Lesar, Ely 140-10
- 3 Mike Thomas, SB 136-9
- 4 Mark Cook, DR 130-11
- 5 Jerry Kaczor, Bigf 128-11
- 6 Rory Butkiewicz, ML 128-1

Long Jump

- 1 Eric Larson, CL 20-3
- 2 Mike Frericks, SB 20-1
- 3 Dave Reed, CL 19-5
- 4 Bruce Johnson, Remer 19-3
- 5 Bryan Warren, Ely 19-0.5
- 6 Rod Duich, Biwa 18-11

Pole Vault

- 1 Rob Rolando, SB 14-2.25 **
- 2 Tom Crawford, NB 12-8
- 3 Jim Stewart, NB 12-4
- 4 Manny Umpierre, Esko 12-4
- 5 Tim Tollefson Esko 12-4
- 6 Dean Davis, Carl 12-0

High Jump

- 1 Dave Trost, SB 6-7 **
- 2 Shawn Paige, Esko 6-4
- 3 Mark Cook, DR 6-1
- 4 Jim Jamnick, Gilb 6-1
- 5 Scott Bailey, CL 5-10
- 6 Steve Sikkink, Gilb 5-8

** Meet Record

Notes: Silver Bay was coached by Terry French.