

1978 Region 4AA Boys- Friday, June 2nd at Macalester - 70 degrees, light wind

Teams: Stillwater 104, White Bear 46, Mounds View 44, Elk River 43, Anoka 41, Mariner 41, Forest Lake 37, Coon Rapids 29, North St Paul 29, Blaine 28, Hill-Murray 23, Irondale 20, Spring Lake Park 6, Tartan 0, St. Anthony 0, Centennial 0

100 Yard Dash

- 1 Curt Hensler, CR 10.4
- 2 Kurt Erickson, NSP 10.4
- 3 Herron, Ir 10.4
- 4 Collins, MV 10.4
- 5 Manders, FL 10.5
- 6 Hendricks, ER 10.5

220 Yard Dash

- 1 Steve Neilsen, An 22.7
- 2 Jeff Miller, ER 22.9
- 3 Rick Steblay, ER 23.0
- 4 Kurt Erickson, NSP 23.1
- 5 David Strobel, HM 23.4
- 6 Schriefels, MV 23.5

440 Yard Dash

- 1 Steve Neilsen, An 50.4
- 2 Dave Stroebel, HM 50.5
- 3 Wasiluk, MV 50.7
- 4 Larson, CR 51.2
- 5 Miller, ER 51.3
- 6 Rungatis, WB 51.7

880 Yard Run

- 1 Jim Bergen, St 1:54.6
- 2 Joe Brisson, NSP 1:54.6
- 3 Seitz, SpLP 1:57.9
- 4 Conners, HM 1:58.0
- 5 Hereid, BI 1:59.8
- 6 Yutzenka, MV 2:00.2

Mile Run

- 1 Gary Delaney, WB 4:17.6
- 2 Mike Gebeke, Ma 4:18.0
- 3 Jeff Taylor, Ma 4:23.1
- 4 Doug Rogers, BI 4:24.5
- 5 Rick Ahles, St 4:24.6
- 6 Aquilar, NSP 4:30.9

Two Mile Run

- 1 Lindsay Brown, St 9:15.1
- 2 Mike Mikulski, St 9:35.9
- 3 Gary Gilpin, An 9:43.0
- 4 Matt Mikulski, St 9:46.8
- 5 Szekinski, Mar 9:52.4
- 6 Jeff Ray, An 9:52.5

120 Yard High Hurdles

- 1 Rick Steblay, ER 14.9
- 2 Rick Ratte, St 15.1
- 3 Petroski, FL 15.2
- 4 Davis, CR 15.3
- 5 Frederick, ER 15.6
- 6 Proulx, FL 16.2

300 Meter Intermediate Hurdles

- 1 Rick Ratte, St 38.4
- 2 Bob Herron, Ir 39.0
- 3 Rick Steblay, ER 39.6
- 4 Petroski, FL 39.7
- 5 Smith, MV 39.8
- 6 Heinzl, Ma 40.5

Medley Relay

- 1 Mariner 3:31.5
- 2 White Bear 3:31.7
- 3 Anoka 3:40.8
- 4 Stillwater 3:41.1
- 5 Elk River 3:41.1
- 6 Coon Rapids 3:41.8

440 Yard Relay

- 1 Mounds View 44.0
- 2 Mariner 44.3
- 3 Elk River 44.5
- 4 North St. Paul 44.7
- 5 Forest Lake 44.7
- 6 Blaine 45.3

Mile Relay

- 1 White Bear 3:23.7
- 2 Stillwater 3:24.1
- 3 Anoka 3:24.4
- 4 Mariner 3:24.8
- 5 Mounds View 3:27.8
- 6 Hill-Murray 3:28.1

Long Jump

- 1 Marty Jensen, FL 21-10
- 2 Gregg Thompson, St 21-10
- 3 Eastman, MV 21-5.5
- 4 Rungatis, WB 21-5.25
- 5 Weiker, An 20-9.75
- 6 Nelson, FL 20-7

High Jump

- 1 Van Troup, MV 6-8
- 2 David Strobel, HM 6-6
- 3 Herbert, Ir 6-2
- 4 Ratke, St 6-2
- 5 Strand, MV 6-0
- 6 Kantor, BI 6-0

Pole Vault

- 1 Al Whitesell, CR 14-1.25
 - 2 Cary Anderson, St 13-1
 - 3 Prokop, WB 12-6
 - 4 Allen, NSP 12-6
- Others missed the starting height of 12-6

Shot Put

- 1 Don Hoffman, BI 61-9
- 2 Rob McGarry, St 57-6.5
- 3 Smith, FL 54-0
- 4 Dean Kloekner, St 52-10
- 5 Reaves, Ir 50-11.5
- 6 Hayman, WB 50-2.75

Discus

- 1 Don Hoffman, BI 162-8
- 2 Dean Kloekner, St 160-9
- 3 Dietz, WB 154-0
- 4 Dolan, FL 153-0
- 5 Kostrok, Ma 151-7
- 6 Kendrick, FL 150-9

Notes: Stillwater was coached by Steve Forseth.