

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

Teams: Annandale 44, Blake 42, Holy Angels 31, Atwater 30, New London-Spicer 30, Pierz 30, Waconia 28, Delano 24, St. Michael-Alb. 23, Paynesville 22.5, Minnehaha Academy 21, Sartell 20, Golden Valley 18, Holdingford 17, St. Cloud Cathedral 16, St. John's Prep 14, Foley 14, Ogilvie 12, Albany 9.5, Big Lake 8, Mpls Lutheran 7, Howard Lake-Waverly 6, Grey Eagle 6, Becker 6, Braham 6, Dassel-Cokato 3, Eden Valley-Watkins 1.5, Aitkin 1.5.

100 Yard Dash

- 1 Mike Kingery, Atwater 10.6
- 2 Tim Gothman, Waconia 10.7

220 Yard Dash

- 1 Steve Pullens, Blake 23.0
- 2 Jim Gorud, NL-S 23.1
- 6 Tim Froemming, Annand 23.8

440 Yard Dash

- 1 Jim Gorud, NL-S 50.7
- 2 Phil Howard, Holy A 51.2

880 Yard Run

- 1 Lauren Wendroth, Paynesv 2:01.4
- 2 John Perleberg, Pierz 2:03.5

Mile Run

- 1 Dave Rieder, Delano 4:28.9
- 2 Paul Stemper, Holy A 4:31.7

Two Mile Run

- 1 Randy Hoyles, Ogilvie 9:44.2
- 2 Ted Salzer, Sartell 9:56.0

120 Yard High Hurdles

- 1 Steve Pullens, Blake 15.3
- 2 Dave Gross, Pierz 15.5

300 Meter Intermediate Hurdles

- 1 Steve Pullens, Blake 39.6
- 2 Dave Gross, Pierz 40.2

Medley Relay

- 1 Golden Valley 3:38.5

440 Yard Relay

- 1 Atwater 45.2
- 3 Annandale 45.8

Mile Relay

- 1 Minnehaha Academy 3:32.5

Long Jump

- 1 Brett Cyriaks, Annand 23-0.75
- 2 Gerry Waletzko, Holdingf 21-3

High Jump

- 1 Steve Fritz, Waconia 6-3
- 2 Cliff Ebnet, Holingf 6-2

Pole Vault

- 1 Scott Machovsky 12-6
- 2 Paul Herda, Albany 12-6
- t4 Dan Helweg, Annand 12-0

Shot Put

- 1 John Sowada, St J Prep 49-10.75
- 2 Steve Przybilla, SC Cath 49-9.5
- 4 John Kittok, Annand 47-3

Discus

- 1 John Kittok, Annand 147-8
- 2 John Zachman, St. M-A 143-3

Notes: Annandale was coached by John Ivanaushas.