

1978 Region 5AA- June 1 & 2, 1978 - Park Center

Teams: Mpls Central 90, Park Center 64.5, Mpls Washburn 58.5, Mpls South 52, Osseo 42, Mpls North 40, Fridley 36, Mpls Southwest 30, Benilde-St. Margaret 22, Mpls Edison 19, Columbia Heights 18, Fridley Grace 16, Mpls Henry 8, Mpls West 1.

120 Yard High Hurdles

- 1 Joe Ellena, Grace 15.27
- 2 Leon Duda, Benilde 15.50
- 3 Paul Najarian, Central 15.73
- 4 Sanford Moore, South 15.79
- 5 Bobby Williams, North 15.80
- 6 Thad Karkula, Edison 15.92

100 Yard Dash

- 1 Jeff Byrd, Central 10.02
- 2 Davey Lewis, Central 10.48
- 3 John McKinney, North 10.64
- 4 Tony Blake, Osseo 10.68
- 5 Doug Braziel, North 10.73
- 6 P. Wright, Southwest 10.91

Mile Run

- 1 Scott Redfern, Southwest 4:23.50
- 2 Bill George, Fridley 4:24.08
- 3 Dave Gross, Washburn 4:26.25
- 4 John Bergdahl, Park Center 4:29.05
- 5 John Doyle, Osseo 4:32.75
- 6 Dan Roach, Southwest 4:37.67

440 Yard Relay

- 1 Central 42.74
- 2 Fridley 44.42
- 3 North 44.79
- 4 Columbia Heights 44.97
- 5 Southwest 45.22
- 6 Benilde-SM

440 Yard Dash

- 1 Sam Ocel, South 49.13
- 2 Randy Ferber, North 50.05
- 3 Joe Richardson, North 50.87
- 4 Tim Dwyer, Columbia Heights 51.03
- 5 Mike Wilmes, Osseo 51.75
- 6 Joe Hartung, Park Center 52.00

300 M Intermediate Hurdles

- 1 Keith Johnson, South 39.91
- 2 Leon Duda, Benilde 40.81
- 3 Bill Sullivan, Southwest 41.37
- 4 Chuck Houts, Southwest 41.41
- 5 Paul Najarian, Central 42.10
- 6 Robert Johnson, Central 42.38

880 Yard Run

- 1 Dave Dornfeld, Washburn 1:57.31
- 2 Charles Carter, North 1:58.39
- 3 Steve Sexton, Park Center 1:59.43
- 4 Dick Fursman, Grace 1:59.88
- 5 Dean Lumbar, Washburn 2:01.33
- 6 Mark Herman, Southwest 2:03.11

Sprint Medley Relay

- 1 Washburn 3:35.50
- 2 South 3:38.45
- 3 Osseo 3:39.14
- 4 Southwest 3:41.73
- 5 Park Center 3:43.73
- 6 Central 3:45.11

220 Yard Dash

- 1 Jeff Byrd, Central 21.89
- 2 Davey Lewis, Central 22.56
- 3 J.W. Hollins, Central 22.96
- 4 Tom Bradley, Fridley 23.03
- 5 Tom Frankenfeld, Fridley 23.30
- 6 John Stender, Benilde 23.73

Two Mile Run

- 1 Melvin Alvarez, South 9:38.29
- 2 Kurt Holmgren, Park Center 9:48.85
- 3 Mark Gladhill, Henry 9:49.77
- 4 Bob Morris, Osseo 9:59.32
- 5 Scott Wyberg, Washburn 10:00.24
- 6 D. Gilkerson, Henry 10:03.18

Mile Relay

- 1 Washburn 3:25.35
- 2 Osseo 3:26.19
- 3 Park Center 3:26.93
- 4 South 3:27.52
- 5 North 3:30.73
- 6 Henry 3:32.11

High Jump

- 1 Steve Carlson, Edison 6-6.25
- 2 Robert Stevenson, Central 6-3
- 3 J. Payne, Edison 6-2
- 4 Tim Barr, Washburn 6-2
- 5 Jeff Gilchrist, Washburn 6-1
- 6 P. Pitschke, Park Center 6-1

Pole Vault

- 1 Wittinger, Fridley 12-6
- 2 B. Sutherland, Central 12-6
- 3 Jeff Groethe, South 12-6
- 4 Lumby, Fridley 12-0
- 5 Lohr, Columbia Heights 12-0
- 6 Tim Barr, Washburn 11-6
- 6 Robinson, Park Center 11-6

Long Jump

- 1 Jeff Gilchrist, Washburn 21-9.5
- 2 Craig Branner, Columbia Heights 21-6.5
- 3 Kevin Whitlock, Central 21-6.5
- 4 Jeff Byrd, Central 21-1.5
- 5 Robert Bogan Central 20-11
- 6 Steve Carlson, Edison 20-4.75

Shot Put

- 1 Tim Biegert, Osseo 58-11
- 2 Gregg Bartlett, Park Center 53-10.25
- 3 Mike Manders, Park Center 52-6.75
- 4 B. Kalb, Benilde 49-4.25
- 5 Mike Vaughn, Washburn 49-3.75
- 6 Mitch Kleber, West 48-11.5

Discus

- 1 Gregg Bartlett, Park Center 152-8
- 2 Mike Manders, Park Center 150-1
- 3 Tim Biegert, Osseo 146-8
- 4 F. Orgas, Park Center 139-3
- 5 J. Hasting, Grace 133-9
- 6 Jeff Moritko, Edison 133-9

Notes: Central was coached by Levain Carter.