

1979 Region 3A- Saturday, May 26, 1979 at Southwest State University, Marshall

Teams: Redwood Falls 81, Dawson-Boyd 48, Montevideo 41, Danube 40, Benson 30, Wabasso 27.5, Russell 25, Tyler 21, Sanborn 16, Milan 16, Morgan 14, Springfield 14, Ruthton 12, Cottonwood 12, Renville 11, Ortonville 11, Morton 10.5, Verdi 10, Milroy 10, Granite Falls 9, Lake Benton 8, Bellingham 8, Prinsburg 7, Clara City 4, Madison 4, Appleton 4, Canby 4, Belview 2, K-M-S 2, Maynard 2, Olivia 1, Sleepy Eye 1.

120 Yard High Hurdles

- 1 Mike Wiering, Tyl 14.7
- 2 Phil Suchanek, Mon 14.9
- 3 John Fragodt, Bens 15.1

100 Yard Dash

- 1 Todd Damhof, Dan 10.2
- 2 Ron Noon Cot 10.4
- 3 Eric Molden, Mil 10.5

One Mile Run

- 1 Jon Wagner, D-B 4:40.5
- 2 Jim Gaffney, R-F 4:43.9
- 3 Kelyn Prodoehl, Renv 4:44.1
- 5 Craig Johnson, Mon 4:45.5
- 6 Gordy Rourk, LB 4:49.2

440 Yard Relay

- 1 Montevideo 46.0 (Bolten, Donahue, Suchanek, Powell)
- 2 Russell 46.4

440 Yard Dash

- 1 Tim Jahnke, RF 51.7
- 2 Mike Molden, Mil 51.8
- 3 Mark Lueders, D-B 51.8
- 4 Jack Peterson, Can 53.4
- 5 Gary Wabeke, Ruth 53.7

330 Y Intermediate Hurdles

- 1 Mike Wiering, Tyl 41.5
- 2 John Fragodt, Bens 42.2
- 3 Steve Pollel, D-B 42.4

880 Yard Run

- 1 Jeff Madsen, Morg 2:03.0
- 2 Randy Haakenson, D-B 2:03.9

Sprint Medley Relay

- 1 Dawson-Boyd 3:46.5 (Pillatzki, Winge, Lueders, Wagers)
- 2 Redwood Falls 3:47.2
- 3 Milroy 3:55.7
- 4 Montevideo 3:55.9
- 6 Lake Benton 4:04.4

220 Yard Dash

- 1 Todd Damhof, Dan 22.8
- 2 Tim Jahnke, RF 23.0
- 3 Curt Damhof, Dan 23.4
- 4 Ron Noon, Cot 23.6
- 6 23.9

Two Mile Run

- 1 Randy Goblirsch, RF 10:05.2
- 2 Mike Koehn, RF 10:05.4
4. Terry Dolan, Mil 10:26.2

One Mile Relay

- 1 Redwood Falls 3:38.8
- 2 Dawson-Boyd 3:40.2
- 3 Ruthton 3:44.8

High Jump

- 1 Dan Bukowski, Russ 6-3.25
- 2 Steve Jensen, Spr 6-2.25
- 3 Mark Thompson, Ort 6-1.25
- 4 Doug Heidebrink, Ruth 6-0

Pole Vault

- 1 Dave Schoonhoven, Ver 12-0
- t2 Tom Zimmerman, RF 12-0 (12-3 jump off)
- t2 Tony Rustand, Ruth 12-0

Long Jump

- 1 Jim Gallery, Mort 21-8.25
- 2 Todd Damhof, Da 21-7
- 3 John Fragodt, Bens 21-1.75
- 6 Dan Benz, Tyl 19-3.25

Shot Put

- 1 Jim Milbrandt, Mont 49-7.25
- 2 Dave Geske, Wab 48-11.5
- 3 Doug Mulder, Prins 47-11.75
- 6 Jeff Schultz, Russ 44-5.5

Discus

- 1 Dave Geske, Wab 150-10
- 2 Jeff Vance, GF 148-5
- 3 Eric Brust, Mon 147-11
- 4 Greg Schwartz, LB 145-1
- 5 Jim Redlinger, LB 135-0

Notes: Redwood Falls was coached by Doug Ward.