

1979 Region 4A - Saturday, May 26- Farmington

Teams: Glencoe 73, Mahtomedi 48, Gaylord 40, Norwood-Young America 39, St. Paul Academy 32, Montgomery-Lonsdale 29, Cannon Falls 24, Arlington-Green Isle 22, Belle Plaine 21, Farmington 17, Nicollet 14, Shattuck 14, Mankato Loyola 13, Bethlehem Academy 12, LeSueur 12, Waterville-Elysian 10, Buffalo Lake 10, Henderson 10, Jordan 8.5, Winsted Holy Trinity 8, Archbishop Brady 8, Winthrop 6, Concordia Acad. 4, LeCenter 4, Randolph 4, Morristown 4, Hector 3, Martin Luther Acad. 2, Brownton 2, SP Murray 1, St. Bernard's 1.

110 Meter High Hurdles

- 1 Kapisak, Maht 15.2
- 2 Anderson, BP 15.5
- 3 Brad Emch, Glenc 15.6
- 4 Foley, Maht 15.7
- 5 Briska, LeSe 15.9
- 6 Chuck Beske, Hec 16.0

100 Meter Dash

- 1 Dan Dahlow, Hend 11.5
- 2 Mark Sheehan, WHT 11.5
- 3 Dale Wittrock, Loyola 11.5
- 4 Kenow, Conc 11.7
- 5 Schiroo, Glenc 11.7
- 6 Zitzer, St. B 11.7

1600 Meter Run

- 1 John Keohen, M-L 4:23.2
- 2 Cochrane, Shatt 4:34.3
- 3 Griep, Glenc 4:36.0
- 4 Ellingsworth, Morrist 4:38.2
- 5 Erlanson, CF 4:39.3
- 6 Dan Herrmann, N-YA 4:39.7

400 Meter Relay

- 1 Glencoe 44.2
- 2 Gaylord 44.9
- 3 Arlington-GI 45.0
- 4 St. Paul Acad 45.2
- 5 Bethlehem Acad 45.4
- 6 Cannon Falls 45.6

400 Meter Dash

- 1 Tom Pattee, Gayl 51.0
- 2 Willemson, N-YA 51.2
- 3 Hord, Shatt 51.7
- 4 Murray, Maht 52.1
- 5 Hueser, Glenc 52.4
- 6 Sandl, CF 52.5

300 M Intermediate Hurdles

- 1 Brad Emch, Glenc 39.9
- 2 Kapisak, Maht 40.4
- 3 Mike Johnson, Nic 40.4
- 4 Appleman, Maht 41.4
- 5 Chuck Beske, Hec 41.5
- t6 Pieper, Jord 42.2
- t6 Bock, BP 42.2

800 Meter Run

- 1 Keith Haverland, Farmi 1:59.8
- 2 Hesse, Brady 2:01.1
- 3 Mark Wilmes, Loyola 2:02.2
- 4 McGinnis, Rando 2:03.5
- 5 Sommerdort, Brownt 2:04.6
- 6 Jeff Skluzacek, M-L 2:04.9

Sprint Medley Relay

- 1 Norwood-Young Am 3:41.9
- 2 Montgomery 3:42.7
- 3 Glencoe 3:50.7
- 4 Cannon Falls 3:57.1
- 5 Winthrop 3:58.3
- 6 Farmington 4:00.0

200 Meter Dash

- 1 Busgens, N-YA 22.5
- 2 Schiroo, Glenc 22.8
- 3 Stien, A-GI 23.0
- 4 Frehelt, CF 23.3
- 5 Jeff Kamm, Nic 23.4
- 6 Cox, Murray 23.5

3200 Meter Run

- 1 Peter Jobe, W-E 9:53.6
- 2 John Schaatz, M-L 9:56.3
- 3 Hirt, SPA 10:01.3
- 4 Peterson, Winthrop 10:16.7
- 5 Tim Keohen, M-L 10:28.0
- 6 Husch, MLA 10:29.1

1600 Meter Relay

- 1 Glencoe 3:30.1
- 2 Mahtomedi 3:34.6
- 3 Belle Plaine 3:36.6
- 4 LeCenter 3:36.6
- 5 Cannon Falls 3:40.0
- 6 Loyola 3:49.3

High Jump

- 1 Jay Bryan, BL 6-3
- 2 Tom Pattee, Gayl 6-3
- 3 Scott Stevenson, Nico 6-2
- 4 Beal, CF 6-0
- 5 Bain, CF 5-11
- 6 Dammon, N-YA 5-11

Pole Vault

- 1 Lee, Maht 13-3
- 2 Rich Pieper, Jord 12-6
- 3 Keith, Farmi 12-3
- 4 Magnuson, SPA 12-0
- 5 Busgens, N-YA 11-6
- 6 Schiroc, Glenc 11-6

Long Jump

- 1 Gustafson, Beth Ac 21-1.25
- 2 Clyde St. John, A-GI 20-6
- 3 Hesse, N-YA 20-3.25
- 4 Olson, CF 20-2.25
- 5 Halbemaren, BP 19-10.5
- 6 Dammon, N-YA 19-8.25

Shot Put

- 1 August Wolf, SPA 54-8.5
- 2 Jeff KloECKi, Gayl 51-10.25
- 3 Wacker, Glenc 51-7.5
- 4 Schillo, Glenc 47-9
- 5 VonEschen, A-GI 46-3.5

Discus

- 1 Dave Januschka, LeSe 165-0
- 2 August Wolf, SPA 163-4
- 3 Jeff KloECKi, Gayl 151-2
- 4 Haag, BP 141-0
- 5 Grim, Glenc 135-4
- 6 Bode, MLA 133-7

Notes: Glencoe was coached by Hank Larsen.