

## 1979 Region 7AA- Saturday, May 26, 1979 at International Falls

**Teams:** Duluth East 93, Hibbing 66, Duluth Central 63, Duluth Denfeld 48, Grand Rapids 43, International Falls 35, Aurora-Hoyt Lakes 33, Cloquet 27, St. Francis 21, Chisago Lakes 16, Virginia 16, Proctor 10, Princeton 9, Cambridge 4, Milaca 0, Two Harbors 0.

### 110 Meter High Hurdles

- 1 Doug Eisenach, DE 15.0
- 2 Tim Cusey, GR 15.1
- 3 Mike Hall, Hib
- 4 Dalske, SF
- 5 Tim Erkkila, Clo
- 6 Brian Smith, IF

### 100 Meter Dash

- 1 Dan Mickelson, Hib 11.1 (10.9p)
- 2 Paul Nordvall, DC 11.3
- 3 Mike Stephans, DE
- 4 Chuck Fricke, DC
- 5 Mike Dirks, DE
- 6 Wayne Gattlin, DC

### 1600 Meter Run

- 1 Dave Blake, IF 4:29.3
- 2 Tim Stratoti, DD 4:29.5
- 3 Davis, DE
- 4 Newman, SF
- 5 Ted Pierce, DC
- 6 Ferguson, A-HL

### 400 Meter Relay

- 1 Du Central 43.3 (Gattlin, Fricke, Hodges, Nordvall)
- 2 Du East 43.4
- 3 Grand Rapids
- 4 Du Denfeld
- 5 Cloquet
- 6 Cambridge

### 400 Meter Dash

- 1 Mark Sutton, DE 51.1
- 2 Mike Levasseur, CL 52.5
- 3 Lakso, A-HL
- 4 Madison, DC
- 5 Joe Hendricks, Hib 53.0
- 6 Thompson, Clo

### 300 M Intermediate Hurdles

- 1 Mike Hall, Hib 39.4
- 2 Doug Eisenach, DE 39.7
- 3 R. Kleven, GR
- 4 Dalske, SF
- 5 Lorensen, GR
- 6 Zalusky, Cam

### 800 Meter Run

- 1 David Avenson, GR 2:00.4
- 2 Dave Koski, Vir 2:01.1
- 3 Braaten, A-HL
- 4 Lipponen, Clo
- 5 Scott LaRowe, Cam
- 6 Jay Cartie, DE

### Sprint Medley Relay

- 1 Du Denfeld 3:38.5 (Stauber, Claflin, Luczak, Stratoti)
- 2 Aurora-HL 3:39.9
- 3 Proctor
- 4 St. Francis
- 5 Duluth East
- 6 Intl Falls

### 200 Meter Dash

- 1 Dan Mickelson, Hib 22.3
- 2 Mike Stephans, DE 22.4
- 3 Pete Lucca, IF
- 4 Paul Nordvall, DC
- 5 Mike Dirks, DE
- 6 Chuck Fricke, DC

### 3200 Meter Run

- 1 Randy Shelerud, DD 9:39.1
- 2 Brian Haavisto, Vir 9:41.3
- 3 Steve Shelerud, DD
- 4 Jim Wahman, DE
- 5 Leo Brisbois, Hib
- 6 Rieman, Pri

### 1600 Meter Relay

- 1 Du Denfeld 3:28.1 (Stratoti, Stauber, Shelerud, Claflin)
- 2 Du Central 3:34.1
- 3 Aurora-HL
- 4 Du East
- 5 Grand Rapids
- 6 St. Francis

### High Jump

- 1 Dave Rauker, DE 6-8 \*\*
- 2 Mark Hoefler, CL 6-4
- 3 J. Keeler, TH
- 4 Renstrom, Cam
- 5 Tim Erkkila, Clo
- 6 Mike Laliberte, Hib

### Pole Vault

- 1 Joseph Garland, DC 12-6
- 2 Tom Beck, Pri 12-0
- 3 Hoyum, DC
- 4 Jungbauer, SF
- 5 Gagne, Cam
- 6 Jensen, IF

### Long Jump

- 1 Tim Erkkila, Clo 21-10.5
- 2 Doug Eisenach, DE 21-8.25
- 3 Terry Kearney, Hib 21-6.5
- 4 Lee, Pro
- 5 Fricke, DC
- 6 Harris, DC

### Shot Put

- 1 Todd Pavleck, IF 57-5 \*\*
- 2 Dave Mattei, GR 53-9.75
- 3 Anderson, Clo
- 4 Doug Quinlan, DE
- 5 Bruce Rabouin, IF
- 6 Mike Laliberte, Hib

### Discus

- 1 Mike Laliberte, Hib 155-3
- 2 Dave Knezovich, Hib 154-9
- 3 Saari, A-HL
- 4 Tim Skrien, IF
- 5 Voelkneer, DC
- 6 Smith, GR

\*\*New Record

**Notes:** Duluth East was coached by Dick Skogg. This was the first year Region 7AA was contested over the metric distance, so all winning track marks were declared meet records.