

## 1975 Region 5 Girls at South Junior High in St. Cloud- May 31st

**Teams:** St. Cloud Apollo 49.5, Richfield 32, Mpls West 29, Cooper 29, Mpls Washburn 26, Hopkins Lindbergh 26, Wayzata 24, Bloomington Kennedy 22, Holdingford 20, Minneapolis Central 19, Edina West 18, Benilde-St. Margaret's 17, Edina East 16, Brooten 15, Shakopee 10.5, Chaska 10, Albany 8, Bloomington Jefferson 8, Willmar 8, ...

### 60 Yd Hurdles

- 1 Sue Wahl, Apollo 8.2
- 2 Dee Dee Schmidt, Richfield 8.3

### 100

- 1 Lynn Vos, Holdingford 10.9
- 2 Mary Noll, Albany 11.0

### Mile Run

- 1 Eva Krueger, Cooper 5:17.0
- 2 Joan Kampa, Apollo 5:18.6

### 880 Relay

- 1 Lindbergh 1:45.7
- 2 Benilde-SM 1:46.8

### 440

- 1 Julie Rosenwald, Kennedy 61.6
- 2 Antonette Lampley, Central 61.8

### 110 Hurdles

- 1 Dee Dee Schmidt, Richfield 14.9
- 2 Steph Vandevere, Washburn 15.2

### 880 Medley Relay

- 1 Edina East 1:45.8
- 2 Washburn 1:58.8

### 880

- 1 Cindy Seikkula, Cooper 2:17.7
- 2 Luann Dwyer, Benilde-SM 2:23.0

### 220

- 1 Lynn Vos, Holdingford 26.0
- 2 Connie Manuel, Kennedy 26.1

### 440 Relay

- 1 Lindbergh 50.9
- 2 Wayzata 51.3

### Discus

- 1 Carol Finsrud, Mpls West 144-4 (**State All Time Best**)
- 2 Betsy Nagengast, Edina West 118-7

### Shot Put (8#)

- 1 Carol Finsrud, Mpls West 40-3.5
- 2 Mary Wild, Willmar 39-2.5

### Long Jump

- 1 Laurie Essler, Brooten 16-8.75
- 2 Antonette Lampley, Central 16-8.5

### High Jump

- 1 Stacy Garskarden, Chaska 5-4
- 2 Kari Henningsgaard, Jefferson 5-3

**Notes:** Apollo was coached by Donna Mark.