

1976 Region 8AA Girls - Saturday, May 29th at Alexandria

Teams: St. Cloud Apollo 98, Moorhead 96, Park Rapids 59, Alexandria 53, Brainerd 44, St. Cloud Tech 30, Little Falls 20, Sauk Rapids 18, Detroit Lakes 15, Melrose 12, Thief River Falls 10, East Grand Forks 4, Fergus Falls 4, Bemidji 2.

Two Mile Run

- 1 Liz Carlson, DL 11:57.1
- 2 Val Hokanson, PR 11:57.2
- 3 Deb Hines, SCA 12:13.8
- 4 Marchelle Cuppett, TRF 12:21.6
- 5 Melody Dent, PR 12:21.6
- 6 Mary Loes, SCA 12:48.0

110 Yd Hurdles

- 1 Kathy Borgworth, Br 14.2
- 2 Mary Grinaker, Mhd 14.5
- 3 Tammy McGrane, PR 14.6
- 4 Barb Lantz, Mhd 14.7
- 5 Lori Hoover, SCA 15.5
- 6 Linda Muesing, Br 15.7

100 Yd Dash

- 1 Robin Solt, SCA 11.4
- 2 Janet Knopik, SCA 11.6
- 3 Jeanne Ahlfors, Alex 11.7
- 4 Mary Miller, LF 11.7
- 5 Sue Miller, Br 11.8
- 6 Wendy Naegeli, SR 11.9

One Mile Run

- 1 Cheryl Theisen, SCT 5:29.6
- 2 Linda Benjamin, PR 5:31.9
- 3 Jenny Hanson, SCA 5:40.6
- 4 Ann Newgard, DL 5:45.3
- 5 Cathy Zinsli, Alex 5:45.4
- 6 Nancy Stellmach, SR 5:53.0

880 Yard Relay

- 1 Alexandria 1:45.5
- 2 St. Cloud Tech 1:46.9
- 3 Moorhead 1:47.4
- 4 Sauk Rapids 1:50.0
- 5 Bemidji 1:51.0
- 6 Brainerd 1:51.1

440 Yd Dash

- 1 Kathy Schmitz, PR 58.7
- 2 Kim Wiedl, Mel 59.6
- 3 Bonnie Schwegel, SCA 60.0
- 4 Kris Rens, LF 60.7
- 5 Mary MacLeod, Mhd 61.3
- 6 Mary Westberry, SCA 61.6

180 Yd Hurdles

- 1 Tammy McGrane, PR 23.4
- 2 Kathy Borgworth, Br 24.1
- 3 Mary Grinaker, Mhd 24.7
- 4 Kris Gibson, TRF 25.2
- 5 Debbie Noyes, LF 25.2
- 6 Janelle Hoihjelle, SR 25.8

880 Yd Run

- 1 Gail Daily, Br 2:21.9
- 2 Cheryl Dinga, Mhd 2:22.4
- 3 Mary Rucks, SR 2:24.5
- 4 Diane Dinga, Mhd 2:26.7
- 5 Barb Pagel, Alex 2:29.6
- 6 Michelle Olmschenk, Mel 2:29.6

440 Yd Relay

- 1 St Cloud Apollo 50.0
- 2 Alexandria 50.2
- 3 Little Falls 50.5
- 4 Moorhead 50.7
- 5 Brainerd 51.0
- 6 Detroit Lakes 52.6

220 Yd Dash

- 1 Sue Miller, Br 26.5
- 2 Lynn Anderson, SCT 26.6
- 3 Sally Tillitt, Alex 26.6
- 4 Kathy Schmitz, PR 26.7
- 5 Cricket Heinze, Mhd 27.4
- 6 Julie Bale, Mhd 27.6

Mile Relay

- 1 Park Rapids 4:06.2
- 2 St. Cloud Apollo 4:06.7
- 3 Moorhead 4:08.9
- 4 Little Falls 4:15.2
- 5 Thief River Falls 4:17.8
- 6 Alexandria 4:21.0

Shot Put

- 1 Debbie Miller, SCA 41-2.75
- 2 Julie Gohman, SCA 40-11
- 3 Cathy Lorenz 40-0.25
- 4 Shawn Solem, EGF 39-11.5
- 5 Debbie Lemke, SCT 35-8.5
- 6 Pam Brennan, SR 34-7.75

Discus Throw

- 1 Debbie Miller, SCA 116-11
- 2 Ann Schmidt, Mhd 112-6
- 3 Ann Dirkes, SCA 110-6
- 4 Pam Brennan, SR 105-8
- 5 Mindy Haaven, Alex 104-5
- 6 Debbie Peterson, Mhd 100-5

High Jump

- 1 Mary Grinaker, Mhd 5-5
- 2 Jane Reski, Mhd 5-4
- 3 Kathy Bosek, Alex 5-4
- 4 Karen Torgerson, Mhd 5-1
- 5 Nancy Sieben, Mel 5-1
- 6 Mary Kulber, PR 5-1

Long Jump

- 1 Julie Bale, Mhd 17-1.5
- 2 Mary Grinaker, Mhd 17-0.5
- 3 Barb Lantz, Alex 16-11
- 4 Amy Schultz, FF 16-5.5
- 5 Peggie Carlin, SCT 15-11.5
- 6 Brenda Welle, Mel 15-11

Notes: Apollo was coached by Donna Mark.