

# 1983 Region 3A Girls Championship at Appleton on Saturday, June 4th

**Teams:** Wabasso 45, Benson 37, Milroy 36, Redwood Falls 34, Appleton 32, Hendricks 32, Canby 31, Sleepy Eye 30, Russell/Tyler 30, Olivia 29, Granite Falls 28, Tracy 24, Sanborn 13, Renville-Sacred Heart 12, Dawson-Boyd/Madison 11, Ortonville 10, Balaton 7, Montevideo 4, Ivanhoe 4, Prinsburg Central Christian 4, Kerhoven-Murdock-Sunburg 3, Maynard 2, Clarkfield 2, Morgan 2, Clara City 1

## 100

- 1 Mary Jo Miller, Milr 13.1
- 2 Marge Kosse, Tra 13.4
- 3 Cindy Jensen, App 13.4
- 4 Theresa Warner, RF 13.5
- 5 Leah Gilbertson, Monte 13.6
- 6 Jeanna Citrowski, Can 13.8

## 200

- 1 Luonna Van Meveren, Wab 27.1
- 2 Theresa Warner, RF 27.2
- 3 Cindy Jensen, App 27.3
- 4 Deb Keithahn, Ben 27.5
- 5 Linda Schmidt, Tra 27.5
- 6 Lisa Van Eps, PCC 28.1

## 400

- 1 Deb Keithahn, Ben 59.5
- 2 Linda Tiffany, RF 60.1
- 3 Beth Jeremiason, Can 60.4
- 4 Lisa Arneson, Ben 61.3
- 5 Shawn Wendland, Bal 61.3
- 6 Shawn Bodin, May 61.4

## 800

- 1 Karla Zylstra, Hend 2:24.2
- 2 Lisa Arneson, Ben 2:24.9
- 3 Colleen Knutson, Hend 2:27.1
- 4 Peggy Bulzomi, GF 2:29.8
- 5 Karla Wenner, Mor 2:30.2
- 6 Deb Lucas, RF 2:31.9

## 1600

- 1 Jill Slettedahl, GF 5:08.9 \*\*
- 2 Karla Zylstra, Hend 5:23.9
- 3 Colleen Knutson, Hend 5:34.8
- 4 Carmen Lueders, Can 5:41.1
- 5 Stacey Olson, Clk 5:42.3
- 6 Kari Wuersal, San 5:42.3

## 3200

- 1 Jill Slettedahl, GF 11:40.1
- 2 Carmen Lueders, Can 11:58.3
- 3 Kari Wuersal, San 12:21.0
- 4 Cheryl Dahle, Bal 12:26.1
- 5 Mary Tietjan, Ort 12:36.0
- 6 Sarah Weber, RF 12:44.7

## 100 Hurdles (30")

- 1 Luonna Van Meveren, Wab 15.4
- 2 Ann Hodges, R/T 16.0
- 3 Janet Schotski, SE 16.2
- 4 Diane Lensing, Wab 16.3
- 5 Lisa Just, GF 17.0
- 6 Heidi Hubel, May 17.2

## 200 Hurdles (30")

- 1 Luonna Van Meveren, Wab 30.5
- 2 Janet Schotski, SE 31.3
- 3 Ann Hodges, R/T 32.2
- 4 Lisa Jakes, Oli 32.7
- 5 Lisa Jorgenson, K-M-S 32.7
- 6 Diane Lensing, Wab 33.0

## 4x100 Relay

- 1 Tracy 50.8
- 2 Appleton 51.3
- 3 Sleepy Eye 51.5
- 4 Milroy 51.6
- 5 Montevideo 52.1
- 6 Dawson-Boyd/Madison 52.7

## 4x200 Relay

- 1 Milroy 1:47.8
- 2 Redwood Falls 1:49.8
- 3 Olivia 1:50.1
- 4 Tracy 1:50.4
- 5 Dawson-Boyd/Madison 1:50.7
- 6 KMS 1:52.0

## 4x400 Relay

- 1 Benson 4:09.8 (T Hughes, B Hughes, L Arneson, D Keithahn)
- 2 Dawson-Boyd/Madison 4:11.6
- 3 Renville-Sacred Heart 4:14.5
- 4 Redwood Falls 4:14.8
- 5 Hendricks 4:14.9
- 6 Clara City 4:17.8

## Shot Put

- 1 Tammy Kruse, Can 33-2.5
- 2 Ranae Vermeier, R/T 32-10.5
- 3 Jodi Rheingans, App 32-4
- 4 Robin Doren Kamper, Ivn 31-8.25
- 5 Monique Sebring, GF 31-7.75
- 6 Viann DeMarce, Ben 31-3.5

## Discus Throw

- 1 Annie Cook, SE 109-9
- 2 Ranae Vermeier, R/T 105-7
- 3 Char Peterson, R-SH 102-8
- 4 Margaret Strel, Ort 102-7
- 5 Julie Anderson, LB 100-11
- 6 Jodi Slagter, PCC 100-3

## Long Jump

- 1 Luonna Van Meveren, Wab 17-1
- 2 Kari Olson, Oli 16-7
- 3 Cindy Jensen, App 16-5.5
- 4 Melissa Soupier, Milr 16-3.5
- 5 Beth Jeremiason, Can 15-6
- 6 Barb Leindecker, Oli 15-4.5

## High Jump

- 1 Barb Leindecker, Oli 5-3
- 2 Jane Lanoue, Milr 5-2
- 3 Kathy Bassett, San 5-0
- 4 Brenda Schuememann, Ort 5-0
- 5 Jodi Slagter, PCC 5-0
- 6 Lana Klukas, Bal 4-10

\* Ties Meet Record

\*\* New Meet Record

**Notes:**