

# 1983 Region 3AA Girls Championship at Park-Cottage Grove on Thursday, June 2nd

**Teams:** Ramsey 91, Kellogg 79, South St. Paul 59, Hastings 58, St Paul Johnson 38, St Paul Harding 33, Park 30, St Paul Como Park 27, St Paul Central 20, Woodbury 12, Sibley 7, Derham Hall 7, St Paul Highland Park 2, St Paul Humboldt 0.

## 100

- 1 Rosalyn Smaller, Central 12.5
- 2 Kara Wallin, Kellogg 12.9

## 200

- 1 Rosalyn Smaller, Central 25.9
- 2 Kara Wallin, Kellogg 26.2

## 400

- 1 Carolyn Ross, Johnson 58.1
- 2 Laura Widerski, Ramsey 58.6

## 800

- 1 Carolyn Ross, Johnson 2:21.2
- 2 Nancy Swanson, Ramsey 2:21.5

## 1600

- 1 Nancy Swanson, Ramsey 5:22.5
- 2 Lisa Albrecht, Harding 5:23.9

## 3200

- 1 Angie Bartels, Kellogg 11:48.0
- 2 Coral Quitebas, Kellogg 11:48.5

## 100 Hurdles (30")

- 1 Nancy Frederick, SSP 16.2
- 2 Diane Lindeman, SSP 16.2

## 200 Hurdles (30")

- 1 Nancy Frederick, SSP 30.8
- 2 Ann Sonkson, Harding 31.3

## 4x100 Relay

- 1 Como Park 50.1

## 4x200 Relay

- 1 Park 1:46.5

## 4x400 Relay

- 1 Ramsey 4:06.7

## Shot Put

- 1 Mary Muench, Hastings 35-10.25
- 2 Lisa Nelson, Kellogg 35-10

## Discus Throw

- 1 Sherrie Johnson, Woodbury 127-6
- 2 Sue Doody, SSP 120-7

## Long Jump

- 1 Laura Widerski, Ramsey 16-3.75
- 2 Angie Thompson, Johnson 16-2.75

## High Jump

- 1 Patti Lake, Johnson 5-2
- 2 Sheri McLeod, Kellogg 5-1

\* Ties Meet Record

\*\* New Meet Record

**Notes:**