

# 1974 Region D-AA Championships at Macalester College, May 31 & June 1, 1974

**Teams:** Mpls Southwest 52, St Louis Park 46, Wayzata 40, Edina West 29, Bloomington Lincoln 22, Mpls Henry 18, Armstrong 17, Cooper 14, Mpls Washburn 11, Mpls Central 7

## 100

1 Buzz Dachis, SLP	10.3
2 Russ Curry, Mpls Central	10.3
3 Scott Mayes, Washburn	10.4
4 Glenn Lewis, Edina West	10.4
5 Mel Oniyide, Edina West	10.5

## 220

1 Buzz Dachis, SLP	22.9 **
2 Mel Oniyide, Edina West	23.2
3 Glenn Lewis, Edina West	23.4
4 Scott Mayes, Washburn	23.5
5 Steve Pahos, Cooper	24.0

## 440

1 Jim Lieb, Southwest	50.9
2 Steve Pahos, Cooper	51.1
3 Dan Olson, Lincoln	51.8
4 Al Paulson, Lincoln	52.0
5 Al Malkovich, Armstrong	52.1

## 880

1 Jim Lieb, Southwest	1:58.6
2 Brad Jostock, Lincoln	1:58.9
3 Ken Carr, Southwest	1:59.4
4 Tim Cannon, SLP	2:00.0
5 Scott Johnson, Southwest	2:00.7

## Mile

1 Steve Plasencia, Cooper	4:18.9 **
2 Tony Shockency, Henry	4:21.3
3 Lane Wieker, Armstrong	4:25.9
4 Tom Fagrelus, Southwest	4:27.5
5 Tom Swore, Cooper	4:34.5

## Two Mile

1 Dick Nelson, Southwest	9:26.4 **
2 George Ross, Wayzata	9:26.5
3 Bob Mayo, Southwest	9:27.1
4 Steve Guertin, Armstrong	9:34.3
5 Fran Koch, Lincoln	9:40.1

## High Hurdles

1 Dave Gaither, Wayzata	14.8
2 John Biehl, Lincoln	15.0
3 Scott Pederson, SLP	15.2
4 Brad Gunn, Wayzata	15.3
5 Terry Sullivan, Henry	15.3

## 180 Yard Low Hurdles

1 Rob Ringer, Wayzata	19.8
2 Gary Yanagita, SLP	20.3
3 Don Sponhoz, Edina West	20.4
4 Dave Gaither, Wayzata	20.5
5 Wayne Leupold, Edina West	20.7

## 880 Relay

1 Edina West (Dave Slater, Larry Houns, Mel Oniyide, Glenn Lewis)	1:31.9 **
2 St Louis Park	n.t.
3 Wayzata	n.t.
4 Cooper	n.t.
5 Armstrong	n.t.

## Mile Relay

1 Southwest (Kevin Jones-Davis, Ken Carr, Dick Nelson, Jim Lieb)	3:29.8 **
2 Wayzata	n.t.
3 St Louis Park	n.t.
4 Henry	n.t.
5 Edina West	n.t.

## Sprint Medley

1 Southwest (Steve Husby, Neil Woodruff, Kevin Jones-Davis, Dick Nelson)	3:38.1 **
2 Edina West	n.t.
3 Armstrong	n.t.
4 St Louis Park	n.t.
5 Wayzata	n.t.

## Shot Put

1 Ira Steigler, SLP	54-7 ½
2 Pat Bailey, Southwest	53-8
3 Dan Sebold, Wayzata	51-8
4 Gary Rodekuhr, Lincoln	50-0
5 Bob Grimm, Washburn	49-9

## Discus Throw

1 Pat Bailey, Southwest	169-1
2 Paul Heins, Wayzata	160-9
3 Curt Wiseman, Edina West	157-11 ¼
4 Bob Grimm, Washburn	154-7
5 Greg Cardelli, Southwest	145-6 ½

## Long Jump

1 Brian Budish, Armstrong	22-1
2 Rick Smith, Henry	20-3
3 Aaron Arradondo, Central	19-2
4 Christianson, SLP	19-1
5 Bucky Manning, Wayzata	19-0 ½

## High Jump

1 John Biehl, Lincoln	6-0
2 Terry Sullivan, Henry	5-10
3 Karl Bohan, Washburn	5-10
4 Bryan Mortland, SLP	5-8
5 Peterson, Armstrong	5-6

## Pole Vault

1 Bryan Mortland, SLP	14-5
2 Don Eicher, Wayzata	12-6
3 Jeff Arf, Henry	12-0
4 Todd Hanson, Southwest	12-0
5 Robertson, Edina West	12-0

\* Ties Meet Record

\*\* New Meet Record