

1976 Region 1AA Boys - Wednesday, May 26th & Friday, May 28th at Burnsville (Pole Vault concluded on May 29th)

Teams: Rochester JM 105, Albert Lea 64, Rosemount 61, Rochester Mayo 46, Red Wing 44, Owatonna 37, Burnsville 35, Faribault 27, Winona 26, Austin 15, Northfield 14, Hastings 10, Simley 8, Waseca 1, Lakeville 1, New Prague 0

Two Mile Run

- 1 Lloyd Ness, JM 9:20.6
- 2 Tom Pinger, Burnsv 9:26.6
- 3 Tim Kramer JM 9:36.0
- 4 John Idstrom Owa 9:37.7
- 5 Dave O'Brien, Burnsv 9:37.8
- 6 Jay Johnson, Lakev 9:47.6

120 Yd Hurdles

- 1 Gary King, JM 14.8
- 2 Bill Schwartz, Farib 15.1
- 3 Frank Voth, RW 15.2
- 4 Daryl Barnett, Burnsv 15.2
- 5 Cliff Wollschlager, Rosem 15.3
- 6 Paul Rinde, Mayo 15.9

100 Yd Dash

- 1 Bruce Johnson, RW 9.9
- 2 Kevin Donnally, RW 10.0
- 3 Bob Ryan, Rosem 10.0
- 4 Steve Dunn, JM 10.2
- 5 Geoff Grassie, JM 10.2
- 6 Rick Koring, Farib 10.3

One Mile Run

- 1 Bob Redenbaugh, JM 4:11.0
- 2 Ian Keith, Mayo 4:11.7
- 3 Rob Carney, Burnsv 4:12.5
- 4 Tim O'Donnell, Siml 4:15.8
- 5 Steve McGowan, Owa 4:28.2
- 6 Mark McGuire, Wasec 4:35.0

880 Yard Relay

- 1 Rochester JM 1:30.7 (Dunn, Fabry, Pierce, Grassie)
- 2 Rosemount 1:31.3
- 3 Albert Lea 1:31.9
- 4 Northfield 1:33.6
- 5 Owatonna 1:33.6
- 6 Burnsville 1:34.4

440 Yd Dash

- 1 Mark Simunds, AL 49.2
- 2 Joel Sattler, Aust 50.2
- 3 Dean Emanuel, Winona 50.8
- 4 Steve Campbell, RW 51.1
- 5 Mike Jancoski, Hast 51.7
- 6 Tim Marthaler, Rosem 51.7

180 Yd Hurdles

- 1 Gary King, JM 20.3
- 2 Bill Schwartz, Farib 20.6
- 3 Cliff Wollschlager, Rosem 21.0
- 4 Brice Trom, Rosem 21.1
- 5 Paul Rinde, Mayo 21.7
- 6 Bruce Trom, Rosem 21.9

880 Yd Run

- 1 Gene Dimagno, Mayo 1:57.5
- 2 Ron Noyce, Owa 1:57.8
- 3 Jeff Thomas, JM 1:58.0
- 4 Ken Trautman, Winona 2:00.1
- 5 Ted Knowles, Nfld 2:03.0
- 6 Ron Gilbertson, Aust 2:03.6

Sprint Medley Relay

- 1 Rochester JM 3:29.5 (Dunn, Grassie, Pierce, Redenbaugh)
- 2 Albert Lea 3:31.5
- 3 Rochester Mayo 3:31.7
- 4 Simley 3:32.2
- 5 Winona 3:35.6
- 6 Burnsville 3:36.1

220 Yd Dash

- 1 Mark Simunds, AL 22.6
- 2 Dave Halvorsen, Owat 22.9
- 3 Rick Koring, Farib 22.9
- 4 Bob Ryan, Rosem 22.9
- 5 Bruce Drouillard, Farib 23.1
- 6 Dave Dyson, Burnsv 23.4

Mile Relay

- 1 Albert Lea 3:22.2
- 2 Rochester JM 3:25.9
- 3 Rosemount 3:26.4
- 4 Owatonna 3:26.5
- 5 Rochester Mayo 3:26.6
- 6 Faribault 3:27.7

Shot Put

- 1 Tom Fitzpatrick, Mayo 52-4
- 2 Mark Kubat, Owa 51-10.75
- 3 Perry Wyatt, JM 51-5
- 4 Paul Brown, Winona 51-0
- 5 Randy Olson, Burnsv 50-7
- 6 Jim Palmer, AL 49-4.5

Discus Throw

- 1 Jim Palmer, AL 149-0
- 2 Truax, Hast 139-8
- 3 Mark Schwenker, JM 138-8
- 4 Scott, Winona 136-8
- 5 DesLauriers, Rosem 135-5
- 6 Shaft, Farib 129-9

High Jump

- 1 Voth, RW 6-5
- 2 Newman, Rosem 6-5
- 3 Brian Burke, Winona 6-4
- 4 Darryl Lindsey, Nfld 6-3
- t5 Cuff, Aust 6-0
- t5 Schultz, Rosem 6-0

Long Jump

- 1 Bruce Trom, Rosem 20-8
- 2 Dave Rake, AL 20-6
- 3 Scott Johnson, RW 20-3
- 4 Phil Hendke, Aust 20-2.5
- 5 Dave Dyson, Burnsv 20-1.5
- 6 James Koloc, Owa 19-11

Pole Vault

- 1 Schmigdal, Burnsv 12-9
- t2 Frye, JM 12-6
- t2 Hatchett, Mayo 12-6
- 4 Rappe, Nfld 12-6
- 5 Johnson, Rosem 12-6
- 6 Henderson, AL 12-0

Notes: Rochester John Marshall was coached by Ron Werner.