

## 1976 Region 5A Boys at Monticello on Tuesday, May 25th

**Teams:** St. Cloud Cathedral 63, St. John's Prep 52, Annandale 48, Albany 32, Golden Valley 30 Blake 26, Kimball 26, Mpls Marshall-Univ 18, Mora 17, Howard Lk-Waverly 16 Watertown 15, Delano 14 Waconia 14, Breck 11, Grove City 9, New London-Spicer 9, Aitkin 8, Brooten 8, DeLaSalle 8, Grey Eagle 8, Holdingford 8, Pierz 8, Crosby-Ironton 7, Milaca 7, Braham 6, Onamia 6, Swanville 4, Becker 4, Maple Lake 3, Dassel-Cokato 3, Eden Valley-Watkins 2, Rockford 2, Atwater 1, Foley 1, Holy Angels 1, Belgrade 0, Ona. Crosier 0, St. Michael-Albertville 0.

### 120 Yd High Hurdles

- 1 Tom Sis, SCC 15.1
- 2 Rick Batten, Broot 15.1
- 3 Dave Wang Marsh-Un 15.2
- 4 Mike Murphy, SJP 15.3
- 5 Joe Stifter, Water 15.8
- 6 Verion Caskey, NL-S 16.0

### 100 Yd Dash

- 1 Mark Warner, Breck 10.0
- 2 Pat Stone, Blake 10.4
- 3 Russ Jones, SJP 10.5
- 4 John Gagliardi, SJP 10.5
- 5 Bob Blomquist, Onamia 10.6
- 6 Rick Beseman, Mora 10.7

### Mile Run

- 1 Kurt Johnson, GV 4:27.2
- 2 Steve Faust, Pierz 4:28.7
- 3 Dave Rieder, Delano 4:33.5
- 4 Tim Danielson, Becker 4:34.8
- 5 Matt Krousey, Gr Eagle 4:41.3
- 6 Jerry McBrady, Maple Lk 4:42.3

### 880 Yd Relay

- 1 St. John's Prep 1:32.5 (J Murphy, M Murphy, Jones, Egan)
- 2 Blake 1:34.0
- 3 Annandale 1:35.9
- 4 Aitkin 1:38.4

### 440 Yd Run

- 1 Rick Beseman, Mora 51.2
- 2 Mark Palmquist, SCC 51.3
- 3 Mike Fetzek, Mora 52.5
- 4 Joh Arnold, Kimb 52.9
- 5 Tom Froehling, EV-W 53.3
- 6 Kurt Oppenheimer, Breck 53.7

### 180 Yd Lows

- 1 Tom Sis, SCC 19.9
- 2 Verion Caskey, NL-S 20.6
- 3 Dave Gutzkey, HL-W 20.6
- 4 Dave Gruenes, SCC 20-6
- 5 Dave Wang Marsh-Un 20.8
- 6 Dan Becker, Holy Ang 21.5

### 880 Yd Run

- 1 Tim Egan, SJP 1:59.0
- 2 Mark Johnson, DLS 2:01.1
- 3 Randy Peterson, Braham 2:03.8
- 4 Joel Larson, Water 2:04.5
- 5 Ed Mohs SCC 2:04.8
- 6 Dean Madsen Atwater 2:04.8

### Sprint Medley Relay

- 1 St. Cloud Cathedral 3:38.7 (Sis, Eickhoff, Gruenes Davis)
- 2 Golden Valley 3:43.7
- 3 Crosby-Ironton 3:48.0
- 4 Annandale 3:53.4

### 220 Yd Dash

- 1 Pat Stone, Blake 22.7
- 2 John Gagliardi, SJP 23.3
- 3 Tom Paul, Waconia 23.5
- 4 Frank Kraska, Swanv 23.6
- 5 Noel Peterson, Annand 23.6
- 6 Mark Petron, Foley 23.7

### Two Mile Run

- 1 John Williamson, Marsh-Un 9:45.6
- 2 Dan Rieder, Delano 10:05.1
- 3 Dave Krousey, Gr Eagle 10:08.2
- 4 Mike Quinlivan, SCC 10:31.9
- 5 John Brennan, Maple Lk 10:40.5
- 6 Ed Holmgren, Gr City 11:07.0

### Mile Relay

- 1 St. John's Prep 3:29.3 (M Murphy, J Murphy, Domeier, Egan)
- 2 Kimball 3:37.0
- 3 Golden Valley 3:38.2
- 4 Aitkin 3:45.3

### Shot Put

- 1 Dave Dirkes, Albany 51-11
- 2 Greg Viehauser, Annand 50-9
- 3 Scott Mueller, Water 49-6
- 4 John Kittok, Annand 46-10
- 5 Jay Netter, Albany 46-6
- 6 Laurence Dehner, C-I 42-11

### Discus

- 1 John Kittok, Annand 153-5
- 2 Greg Viehauser, Annand 150-4
- 3 Jerry Kantorowicz, GV 142-7
- 4 Greg Waletzko, Hold 130-5
- 5 Scott Mueller, Water 130-2
- 6 Tom Sexton, SCC 129-8

### Long Jump

- 1 Dave Gutzke, HL-W 19-11.25
- 2 Tom Paul, Waconia 19-10.5
- 3 Steve Harreguy, Milaca 19-10
- 4 Gerry Waletzko, Hold 19-7.75
- 5 Tom Eickhoff, SCC 19-6.75
- 6 Cary Linder, D-C 19-6.25

### High Jump

- 1 Dave Evans, Albany 6-2
- 2 Tom Sexton, SCC 6-0
- 3 Randy Fabel, Kimball 6-0
- 4 Tom Holzmer, Onamia 5-8
- 5 Cary Linder, D-C 5-8
- 6 Jeff Sorenson, Milaca 5-6

### Pole Vault

- 1 Tom Stelten, Albany 12-0
- 2 Gordon Flemming, Gr City 12-0
- 3 Len Helwig, Annan 11-6
- 4 Pete Spaniol, SCC 11-6
- 5 Randy Berthiaume, Rockf 11-0
- 6 Brian Cooper, Water 11-0

**Notes:** St. Cloud Cathedral was coached by Fred Rupp.