

1984 Region 4AA Boys Championship at Stillwater on Thur, May 31st & Sat, June 2nd

Teams: Blaine 105, White Bear 67, Elk River 62, Mounds View 49, Forest Lake 45, Coon Rapids 45, Stillwater 44, Anoka 42, Irondale 31, Spring Lake Park 12, Centennial 9, Tartan 8, Hill-Murray 7, Columbia Heights 1, North St. Paul 0.

100

- 1 Tim Reese, CR 10.9 *
- 2 Mike Broener, Ir 11.0
- 3 Heinen, SpLkPk 11.3
- 4 Aaron Oden, Still 11.4
- 5 Smith, WB 11.5
- 6 Colberg, FL 11.6

200

- 1 Tim Reese, CR 22.5
- 2 Aaron Oden, Stillw 22.6
- 3 Mike Broener, Ir 22.6
- 4 Smith, WB 22.8
- 5 Magnuson, Still 22.9
- 6 Fitzpatrick, WB 23.1

400

- 1 Greg Von der Lippe, Blain 50.5
- 2 Joe Regnier, WB 50.7
- 3 Johnson, Still 51.1
- 4 Strenlo, Centen 51.9
- 5 Mares, WB 52.2
- 6 Brosowski, Blain 52.3

800

- 1 Dale Oie, CR 1:55.4
- 2 Dave Rand, Blain 1:56.7
- 3 Frank, Ir 2:00.7
- 4 Waataja, An 2:00.9
- 5 Forster, FL 2:01.0
- 6 Fillstrup, Still 2:01.7

1600

- 1 Mark Pietrofesa, MV 4:23.0
- 2 Tick Haselman, Tart 4:27.5
- 3 Brown, Still 4:28.4
- 4 Shope, Blain 4:31.1
- 5 Fillstrup, Still
- 6 Ritzer, Still 4:35.6

3200

- 1 Jeff Taylor, MV 9:22.8 **
- 2 Glen Anderson, MV 9:45.1
- 3 Funk, Blain 9:55.1
- 4 Ritzer, Still 10:02.8
- 5 Palsrud, Still 10:05.1
- 6 Dahl, CR 10:08.5

110 High Hurdles (39")

- 1 Scott Dillon, Ano 14.2 **
- 2 Craig Krupke, ER 14.7
- 3 Pierce, Ano 14.7
- 4 Grell, Blain 14.9
- 5 Weinke, Ir 15.2
- 6 Rector, FL 15.4

300 Intermediate Hurdles (36")

- 1 Craig Krupke, ER 39.0
- 2 Trevor Carlson, FL 40.1
- 3 Kaiser, CR 40.1
- 4 Weinke, Ir 40.7
- 5 Allen, Still 40.8
- 6 Knaup, Ir 40.9

4x100 Relay

- 1 Anoka 43.9
- 2 Coon Rapids 43.9
- 3 White Bear 44.3
- 4 Blaine 45.0
- 5 Forest Lake 45.2
- 6 Mounds View 45.2

Sprint Medley Relay

- 1 Blaine 3:32.9
- 2 Forest Lake 3:40.5
- 3 Mounds View 3:42.1
- 4 Spring Lake Park 3:42.7
- 5 White Bear 3:45.5

4x400 Relay

- 1 Blaine 3:26.0
- 2 White Bear 3:27.1
- 3 Elk River 3:28.3
- 4 Mounds View 3:29.0
- 5 Stillwater 3:29.6
- 6 Columbia Heights 3:32.1

* Ties Meet Record

** New Meet Record

Shot Put

- 1 Dan Jones, WB 53-9.5
- 2 Todd Erickson, WB 53-0.75
- 3 Rounds, Blain 52-10.5
- 4 Schaver, Still 52-8
- 5 Daninger, FL 52-3.5
- 6 Ryan, H-M 51-11.5

Discus Throw

- 1 Jeff Nyhus, Blai 154-10
- 2 Pat Hart, Blai 154-1
- 3 Espe, WB 145-10
- 4 Pietrini, Ir 145-0
- 5 Daninger, FL 143-7
- 6 Todd Erickson, WB 139-7

Long Jump

- 1 Brian Trombley, Ano 22-7.25
- 2 Paul Thom, Blai 21-5.75
- 3 Fitzpatrick, WB 21-4
- 4 Lee Olmsted, ER 20-5.5
- 5 Hebb, FL 20-1.5
- 6 Tentis, WB 20-0.5

High Jump

- 1 Jeff Smith, ER 6-7
- 2 Paul Thom, Blai 6-5.5
- 3 Deranek, H-M 6-4
- t4 Berndt, Blai 6-4
- t4 Youngblood, WB 6-4
- 6 Krick, Centen 6-4

Pole Vault

- 1 John Amrhein, FL 13-2
- 2 Jeff J Smith, ER 12-6
- 3 Bishop, FL 12-6
- 4 Parson, Centen 12-0
- 5 Smith, ER 12-0
- 6 Osbold, Blai 12-0

Triple Jump

- 1 Mark Stewart, MV 45-3.25 **
- 2 Craig Otto, ER 44-6.75
- 3 Lee Olmsted, ER 43-8
- 4 Paul Thom, Blai 43-6
- 5 Cich, SpLkPk 42-2.5
- 6 McPhail, FL 41-10.25

Notes: Blaine was coached by Jon Hersch.