

# 1986 Region 3AA Boys Championship -

**Teams-** Alexander Ramsey 107, Frank B. Kellogg 83, Park (Cottage Grove) 63, St. Paul Highland Park 54, St. Thomas Academy 50, Hastings 45.5, St. Paul Harding 32, Cretin 31.5, St. Paul Johnson 22, St. Paul Central 20, South St. Paul 10, Woodbury 8, Henry Sibley 1, St. Paul Como Park 0, St. Paul Humboldt 0.

## 110 Meter High Hurdles

- 1 Clem Dabney, HP 15.0
- 2 Bob Penschorn, Park 15.4
- 3 Chris May, Johnson 15.4
- 4 Jeff Wynia, Ramsey 15.5
- 5 Kevin Tegantvoort, Park 15.7
- 6 Sheldon Sather, Harding 15.8

## 100 Meter Dash

- 1 Willie Fields, Central 11.4
- 2 Patrick Tinglehoff, STA 11.4
- 3 Joe Hemberger, Park 11.4
- 4 John Haynes, Harding 11.6
- 5 Sean Bradford, HP 11.6
- 6 Joel Thompson, Ramsey 11.7

## Sprint Medley Relay

- 1 Ramsey 3:38.0
- 2 Kellogg 3:39.9
- 3 Harding 3:40.3
- 4 Hastings 3:42.7
- 5 St. Thomas Academy 3:43.8
- 6 South St. Paul 3:45.1

## 1600 Meter Run

- 1 Brian Fitzgerald, Ramsey 4:22.0
- 2 Chad Guerrero, Cretin 4:23.0
- 3 Tony Tocko, Cretin 4:30.2
- 4 Scott Andre, Ramsey 4:32.3
- 5 Keith Eidman, Ramsey 4:34.2
- 6 Chris Adams, Highland 4:35.3

## 4x100 Meter Relay

- 1 St. Thomas Academy 44.2
- 2 Park 44.2
- 3 Ramsey 44.8
- 4 Kellogg 44.8
- t5 Hastings 45.9
- t5 Cretin 45.9

## 400 Meter Dash

- 1 Clem Dabney, HP 48.8 \*
- 2 Chris Pavlick, STA 50.9
- 3 Steve Millard, STA 51.7
- 4 Dave Sanocki, Ramsey 52.2
- 5 Jack Foster, Kellogg 52.2
- 6 Dan Hildebrandt, Ramsey 52.4

## 300 Meter Intermediate Hurdles

- 1 Russ Mark, Ramsey 39.5
- 2 Paul Eischen, Hastings 39.7
- 3 Marty Sieh, Hastings 40.8
- 4 Sheldon Sather, Harding 41.4
- 5 Charles Gruber, Cretin 42.1
- 6 John Berken, STA 42.5

## 800 Meter Run

- 1 Paul Wiehe, Kellogg 1:58.6
- 2 Steve West, Kellogg 1:59.2
- 3 Chad Guerrero, Cretin 1:59.8
- 4 Mark Albrecht, Harding 2:00.3
- 5 Dave Thomas, Central 2:01.0
- 6 Kirk Gealdmann, Ramsey 2:01.7

## 200 Meter Dash

- 1 Clem Dabney, HP 22.6
- 2 Rod Smith, Kellogg 23.0
- 3 Joe Hemberger, Park 23.1
- 4 Willie Fields, Central 23.1
- 5 Sean Bradford, HP 23.3
- 6 John Haynes, Harding 23.3

## 3200 Meter Run

- 1 Brian Fitzgerald, Ramsey 9:48.2
- 2 Keith Eidman, Ramsey 9:48.2
- 3 Rory Matter, HP 9:55.5
- 4 Tony Tocko, Cretin 9:59.6
- 5 Paul Diedrich, Central 10:01.3
- 6 Jim Mennell, Ramsey 10:03.0

## 4x400 Relay

- 1 Kellogg 3:27.0
- 2 Hastings 3:28.4
- 3 Ramsey 3:31.0
- 4 St. Thomas Academy 3:33.4
- 5 Park 3:35.3
- 6 Highland Park 3:35.7

\* Ties Region Record

\*\* New Region Record

## Shot Put

- 1 Wayne Tennis, Park 59-4 \*\*
- 2 Ernie Ziemann, Ramsey 51-2.75
- 3 Tom Schiller, Hastings 49-5.5
- 4 Tovie McDaniel, Kellogg 49-2.5
- 5 Rich Olson, Cretin 49-1.5
- 6 Ron Owens, Central 48-9.75

## Discus

- 1 Steve Recksiedler, Kellogg 149-3
- 2 Wayne Tennis, Park 149-2
- 3 Peter Haugen, Ramsey 146-2
- 4 Brad Schumacher, Woodbury 144-11
- 5 Rich Olson, Cretin 141-7
- 6 Brian Outcalt, South St. Paul 135-8

## Long Jump

- 1 Rod Smith, Kellogg 20-9
- 2 Kurt Orenstein, Kellogg 20-8.25
- 3 Chris May, Johnson 20-7.5
- 4 Brian Oja, Woodbury 19-8.25
- 5 Bob Penschorn, Park 19-7.25
- 6 Tyrone Minor, Central 19-5.25

## Triple Jump

- 1 Clem Dabney, HP 45-2.75 \*\* (w.a.)
- 2 Chris May, Johnson 42-2.75
- 3 Paul Eischen, Hastings 41-1.5
- 4 Vu Le, Ramsey 40-10
- 5 Steve Heller, STA 40-9.75
- 6 Liem Le, Ramsey 40-0.75

## Pole Vault

- 1 Dave Zuzek, Park 13-2
- 2 Jerry Waltman, South St. Paul 12-10
- t3 D. Hunter, HP 12-0
- t3 Craig Gjerdingen, HP 12-0
- t3 Dave Chavez, Harding 12-0
- t6 Bob Penschorn, Park 11-6
- t6 Tom Krey, STA 11-6
- t6 Rick Nehr, Kellogg 11-6

## High Jump

- 1 Joel Gilbertson, Ramsey 6-2
- 2 Steve Heller, STA 6-1
- 3 Pat Clymer, Hastings 6-0
- 4 Martin Sieh, Hastings 6-0
- 5 Chris May, Johnson 5-10
- 6 Jim Stickler, Sibley 5-10

**Notes:** Alexander Ramsey was coached by Duane Skie.