

1986 Region 4AA Boys Championship - Stillwater

Teams- Mounds View 130.5, Stillwater 85, Coon Rapids 60.25, White Bear Lake 58.5, Irondale 51, Blaine 46.75, Forest Lake 23, Elk River 21, Columbia Heights 16, Hill-Murray 14, North St. Paul 12, Anoka 5, Spring Lake Park 3, Tartan 1, Centennial 0.

110 Meter High Hurdles

- 1 Dan Feely, Stillwater 14.4
- 2 Jason Hoffman, Mounds View 14.8
- 3 Jim Fuqua, Mounds View 15.1
- 4 Mark Breyen, Coon Rapids 15.3
- 5 Tony Daas, Blaine 15.4
- 6 Eric Bartsch, WBL 15.8

100 Meter Dash

- 1 Steve Cooper, CR 11.0
- 2 Gary Trettel, MV 11.0
- 3 Kurt Gunning, Stillw 11.1
- 4 Rob Kish, CR 11.1
- 5 Wayne Hawkins, Col Hghts 11.1
- 6 Jim Gustafson, WBL 11.2

Sprint Medley Relay

- 1 Stillwater 3:30.7 **
- 2 Mounds View 3:34.2
- 3 White Bear Lake 3:35.2
- 4 Forest Lake 3:44.0
- 5 Elk River 3:44.6
- 6 Anoka 3:47.2

1600 Meter Run

- 1 Rob Seidenkranz, Irondale 4:24.8
- 2 Dave Sjogren, MV 4:26.6
- 3 Dale Johnson, Stillw 4:27.6
- 4 Erik Paulsrud, Stillw 4:32.7
- 5 Dave Terry, NSP 4:34.2
- 6 Chris Fallstrom, Blaine 4:35.4

4x100 Meter Relay

- 1 Mounds View 43.6
- 2 Coon Rapids 43.7
- 3 White Bear Lake 43.8
- 4 Stillwater 44.1
- 5 Anoka 44.4
- 6 Blaine 44.5

400 Meter Dash

- 1 Tim Roach, MV 50.9
- 2 Jim Nelson, WBL 51.0
- 3 Raj Shah, MV 51.1
- 4 Jim Misgen, Hill-M 51.1
- 5 Bryan Peterson, Blaine 51.2
- 6 John Santi, WBL 51.4

300 Meter Intermediate Hurdles

- 1 Steve Schachel, Blaine 39.5
- 2 Samy El-Halawani, Irondale 39.5
- 3 Dan Feely, Stillwater 39.6
- 4 Mark Breyen, Coon Rapids 40.5
- 5 Mitch Grittner, WBL 40.8
- 6 Jason Hoffman, Mounds View 40.9

800 Meter Run

- 1 Mike Brown, Stillwater 1:55.8
- 2 Chris Silva, Hill-M 1:57.7
- 3 Ben Osmond, Irond 1:58.4
- 4 Scott Perrier, NSP 1:59.2
- 5 Tony Paduano, WBL 1:59.5
- 6 Rob Litchy, Stillwater 2:00.3

200 Meter Dash

- 1 Jamie Shea, Col Hghts 22.5
- 2 Steve Cooper, CR 22.5
- 3 Jim Gustafson, WBL 22.8
- 4 Wayne Hawkins, Col Hghts 22.9
- 5 Rob Harrison, Anoka 23.0
- 6 Mike Bliss, Tartan 23.3

3200 Meter Run

- 1 Dave Sjogren, MV 9:28.2
- 2 Erik Paulsrud, Stillw 9:29.8
- 3 Glen Anderson, MV 9:32.3
- 4 Dale Johnson, Stillw 9:45.3
- 5 Rob Seidenkranz, Irondale 9:52.4
- 6 Rob Thompson, Forest Lake 9:53.2

4x400 Relay

- 1 Mounds View 3:25.6
- 2 Irondale 3:26.9
- 3 White Bear Lake 3:28.1
- 4 Blaine 3:38.4 (sic)
- 5 North St. Paul 3:34.9
- 6 Elk River 3:35.2

* Ties Meet Record

** New Meet Record

Shot Put

- 1 Todd Zapzalka, Forest Lk 53-9
- 2 Greg Paffel, Elk River 52-0.25
- 3 Brian Strittmatter, CR 51-8.25
- 4 Mike Sullivan, Forest Lk 50-8.25
- 5 Mike McGinn, Hill-M 49-2
- 6 Keith Goelat, Irond 48-5.5

Discus

- 1 Greg Paffel, Elk River 152-11
- 2 Mike Schwartz, Irond 150-1
- 3 Tom Miller, MV 147-4
- 4 Todd Zapzalka, Forest Lk 144-11
- 5 Chris Newman, MV 141-9
- 6 Mark Zimmerman, Spr Lk Pk 134-5

Long Jump

- 1 Steve McTavish, MV 21-3.25
- 2 Mark Tentis, WBL 21-2.75
- 3 Rob Kish, CR 21-2.25
- 4 Paul Peltier, WBL 21-2.25
- 5 Dan Feely, Stillwater 20-5.5
- 6 Brian Sovari, Spr Lk Pk 20-0

Triple Jump

- 1 Steve McTavish, MV 44-9.75
- 2 Rob Kish, CR 44-4.5
- 3 Mitch Grittner, WBL 42-11
- 4 Todd Acheson, NSP 42-8.25
- 5 Shane Compton, Blaine 42-5.75
- 6 Brian Sovari, Spr Lk Pk 42-1.25

Pole Vault

- 1 John Ostergren, MV 13-6
- 2 Brian Peterson, Blaine 13-2
- 3 Paul Hoppe, Stillw 13-2
- 4 Bill Delaney, Irond 12-6
- 5 Mike Lindahl, MV 12-6
- 6 Thai Hong, CR 12-6

High Jump

- 1 Luke Freiling, Blaine 6-6
- 2 Mark Terwilliger, Stillw 6-4
- 3 Jeff Wirtz, Blaine 6-2
- 4 Dan Erickson, Irond 6-2
- t5 Greg Linlind, CR 6-0
- t5 Dave Cox, WBL 6-0
- t5 Bryan Raines, WBL 6-0
- t5 Kevin Littman, Blaine 6-0

Notes: Mounds View was coached by Ross Fleming.