

# 1989 Region 3A Championship at Montevideo

**Teams:** Montevideo/Maynard 101, Benson/KMS 89, Lac Qui Parle 72, Canby-Minneota 44, Redwood Falls-Morton 38, Tracy-Milroy-Walnut Grove 33, Ortonville 31, BOLD 29, Russell-Tyler-Ruthton 28, Wabasso/Sanborn-Lamberton 26, Sleepy Eye 10, Granite Falls-Clarkfield 8, Lake Benton-Verdi 5, Belview 4, Cedar Mountain 3, Echo-Wood Lake 2, Appleton-Milan 2, Balaton 2.

## 100

1 Brian Strand, Lac Qui Parle	11.28
2 Kelly Skogrand, Montevideo/M	11.33
3 Dale Schroeffer, Sleepy Eye	11.55
4 Tom Prouty, Redwoods Fall-M	11.72
5 David Schneider, Montevideo/M	11.83
6 Danny Nesvold, Lac Qui Parle	11.92

## 200

1 Aaron Peterson, Lac Qui Parle	23.55
2 Jeff Estum, Lac Qui Parle	23.59
3 Kelly Jeremiason, Canby-M	23.91
4 Dale Schroeffer, Sleepy Eye	24.06
5 Roger Anderson, Montevideo/M	24.13
6 Aaron Christenson, Russell-T-R	24.22

## 400

1 Aaron Peterson, Lac Qui Parle	51.53
2 Chris Nicholson, Benson/KMS	52.45
3 Dean Vetter, Redwood Falls-M	52.53
4 Roger Anderson, Montevideo/M	53.37
5 Brad Donais, Ortonville	53.61
6 Jerome Parsley, Lake Benton-V	54.08

## 800

1 Ryan Cleveland, Canby-M	2:03.61
2 Tony Rosemeier, Benson/KMS	2:03.95
3 Steve Dvergsten, Montevideo/M	2:04.98
4 David Hanson, Lac Qui Parle	2:06.08
5 Brian Brandt, BOLD	2:06.56
6 Jeff Risen, Cedar Mountain	2:07.77

## 1600

1 Jon Otto, Tracy-M-WG	4:30.68
2 Kelly Mortonson, Canby-M	4:32.97
3 Tony Rosemeier, Benson/KMS	4:34.50
4 David Hanson, Lac Qui Parle	4:35.68
5 Chris Schutz, Montevideo/M	4:48.58
6 Sean Wittmer, Montevideo/M	4:58.48

## 3200

1 Jon Otto, Tracy-M-WG	10:00.53
2 Kelly Mortonson, Canby-M	10:02.82
3 Chris Schutz, Montevideo/M	10:28.36
4 Sean Wittmer, Montevideo/M	10:40.66
5 Shawn Lebert, Balaton	10:44.19
6 Bruce Nelson, Lac Qui Parle	10:46.91

## High Hurdles

1 Wade Madden, Benson/KMS	15.22
2 Jon Giles, Montevideo/M	15.38
3 Chad Lund, Redwood Falls-M	15.59
4 Chad Donner, Belview	15.19
5 Cory Anderson, Ortonville	16.29
6 Ryan Minnig, Tracy-M-WG	16.31

## Intermediate Hurdles

1 Wade Madden, Benson/KMS	41.27
2 Kelly Skogrand, Montevideo/M	41.53
3 Chad Heidorn, Montevideo-M	41.87
4 Chad Lund, Redwood Falls-M	42.75
5 Ernie Hansen, Echo-WL	42.91
6 Cory Anderson, Ortonville	43.87

## 4x100 Relay

1 Benson/KMS	45.42
2 Lac Qui Parle	45.71
3 Montevideo/M	46.79
4 Russell-T-R	46.93
5 Appleton-Milan	47.04
6 Lake Benton-V	47.72

## 4x400 Relay

1 Lac Qui Parle	3:33.47
2 Benson/KMS	3:35.73
3 Montevideo/M	3:37.08
4 Canby-M	3:42.29
5 Redwood Falls-M	3:44.58
6 BOLD	3:45.63

## Sprint Medley Relay

1 Montevideo-M	3:42.55
2 Canby-M	3:47.95
3 Benson/KMS	3:52.38
4 Russell-T-R	3:53.79
5 Tracy-M-WG	3:54.03
6 Cedar Mountain	3:54.53

## Shot Put

1 Kevin Vosika, BOLD	48-9 ¼
2 Dave White, Wabasso/S-L	47-2
3 Andy Berens, Benson/KMS	47-1 ½
4 Dan Melde, Montevideo/M	45-10
5 Gordy Pearson, Montevideo/M	44-8
6 Aaron Helvig, Lake Benton-V	42-4

## Discus Throw

1 Kevin Vosika, BOLD	150-0
2 Andy Berens, Benson/KMS	137-2
3 Dave White, Wabasso/S-L	133-8
4 Andy Lobe, BOLD	133-4
5 Steve Koenen, Ortonville	129-11
6 Jeff Christenson, Lake Benton-V	122-7

## Long Jump

1 Todd Bauman, Russell-T-R	21-8 ½
2 Peter Lundberg, Ortonville	21-3 ½
3 Tom Prouty, Redwood Falls-M	20-9 ¾
4 Jason Bonde, Montevideo/M	20-9 ¼
5 Mike Burns, Benson/KMS	20-6
6 Wade Madden, Benson/KMS	20-4 ¼

## Triple Jump

1 Jason Bonde, Montevideo/M	43-2 ½
2 Peter Lundberg, Ortonville	42-8
3 Tom Prouty, Redwood Falls-M	41-8 ½
4 Todd Bauman, Russell-T-R	41-6 ½
5 Jon Giles, Montevideo/M	40-8 ¼
6 Tom Ness, Cedar Mountain	40-8

## High Jump

1 Mike Pruszynski, Tracy-M-WG	6-4
2 Bruce Olson, Granite Falls-C	6-4
3 Kevin Grube, Lac Qui Parle	6-4
4 Chad Lund, Redwood Falls-M	6-2
5 Dave Bassett, Wabasso/S-L	6-0
6 Tim Wartner, Russell-T-R	5-10

## Pole Vault

1 Shawn Lensing, Wabasso/S-L	12-3
2 Brent Hasslen, Ortonville	12-0
3 Dennis Tollefson, Benson/KMS	11-6
4 Troy Houselog, Russell-T-R	10-6
5 Jamie Stiefel, BOLD	10-6
6 Greg Gorter, Lake Benton-V	10-0

**Notes:**