

1989 Region 4AA Championship at Stillwater, June 1 & 3, 1989

Teams: Anoka 83, Irondale 76, Stillwater 57, Blaine 54, North St. Paul 47, White Bear Lake 47, Elk River 43, Mounds View 41, Forest Lake 20, Hill-Murray 20, Coon Rapids 17, Spring Lake Park 13, Centennial 6, Tartan 1, Columbia Heights 0.

100

1 Bobby Libby, Elk River	10.82 ** (10.9p)
2 Jeff Brown, Anoka	11.00 (11.1p)
3 Chars Bonin, Blaine	11.19 q (10.9p)
4 Pete Buck, Blaine	11.37 (11.1p)
5 Mark Paulsen, Forest Lake	11.54 (11.2p)
6 Jason Brown, Anoka	11.57 (11.4p)

200

1 Jeff Brown, Anoka	22.15 ** (22.7p)
2 Bobby Libby, Elk River	22.52 (22.9p)
3 Chars Bonin, Blaine	22.53 q (22.7p)
4 Pete Buck, Blaine	22.97 (22.8p)
5 Mark Paulsen, Forest Lake	23.05 (22.7p)
6 Justin Bonde, Blaine	23.16 (23.2p)

400

1 Bart Moseman, Irondale	49.92 (52.4p)
2 Mike Erickson, Elk River	50.06 (52.9p)
3 Dave Allan, Centennial	51.12 (52.3p)
4 Scott Koenig, Stillwater	51.48 (51.6p)
5 Dewey Lysen, Coon Rapids	52.26 (52.3p)
6 Mike Salava, Tartan	52.29 (53.6p)

800

1 Jon Dahle, Anoka	1:58.43 (2:03.6p)
2 Eric Wiggins, Irondale	2:00.06 (2:02.6p)
3 Bob Minke, North St Paul	2:00.65 (2:03.9p)
4 Ted Rogers, North St Paul	2:00.72 (2:01.8p)
5 Chris Vogl, Irondale	2:01.01 (2:01.2p)
6 Tyson Hoffman, Mounds V	2:01.10 (2:03.9p)

1600

1 Ken Cooper, Mounds View	4:27.82
2 Andy Roy, Blaine	4:28.24
3 Bob Simmons, Hill-Murray	4:28.91
4 Joe Saros, North St Paul	4:29.07
5 Dave Ricker, Coon Rapids	4:32.71
6 David Helm, Spring Lk Pk	4:33.07

3200

1 Bob Simmons, Hill-Murray	9:38.62
2 Ken Cooper, Mounds View	9:42.31
3 David Helm, Spring Lk Pk	9:45.59
4 Paul Chestovich, WBL	9:47.97
5 Tom McCarthy, Stillwater	9:59.26
6 Joe Saros, North St Paul	10:01.42

High Hurdles

1 Erich Kunzman, Irondale	15.00 (15.1p)
2 Craig Gillen, Forest Lake	15.13 (15.1p)
3 Jim Lanigan, Coon Rapids	15.27 (15.5p)
4 Kevin Nelson, Mounds V	15.41 (15.4p)
5 Erik Rosenkranz, Anoka	15.48 (15.4p)
6 Steve White, Irondale	15.53 (15.8p)

Intermediate Hurdles

1 Larry Powers, Anoka	39.71 (41.1p)
2 Erik Rosenkranz, Anoka	39.80 (41.8p)
3 Bryan Dombrowsky, MV	40.22 (40.9p)
4 Mat Bohenkampf, Blaine	41.06 (42.0p)
5 Justin Kelly, Mounds View	41.25 (41.5p)
6 Steve Palmquist, Stillwater	41.27 (41.9p)

4x100 Relay

1 Blaine	43.07
2 Anoka	43.25
3 Forest Lake	43.46
4 White Bear Lk	44.37
5 Stillwater	44.48
6 Coon Rapids	45.47

4x400 Relay

1 Irondale	3:23.63
2 Elk River	3:24.71
3 Stillwater	3:26.78
4 White Bear Lk	3:28.75
5 North St. Paul	3:31.12
6 Blaine	3:32.30

Sprint Medley Relay

1 White Bear Lk	3:35.00
2 Irondale	3:36.47
3 Stillwater	3:39.27
4 Anoka	3:40.63
5 North St. Paul	3:42.57
6 Elk River	3:42.70

Shot Put

1 Mike McGrorty, Stillwater	54-2
2 Rick Anderson, Stillwater	53-9 ¼
3 Roger Moeller, Spring Lake Pk	52-3
4 Bob Cassidy, North St. Paul	50-11
5 Jim Chappel, Anoka	50-1 ¼
6 Nick Ecker, North St. Paul	49-10 ½

Discus Throw

1 Matt Walczak, White Bear Lake	156-0
2 Mike McGrorty, Stillwater	155-0
3 Jim Chappel, Anoka	152-0
4 Mark Arness, Blaine	149-1
5 Joe Toth, Forest Lake	147-4
6 Rick Anderson, Stillwater	144-9

Long Jump

1 Bart Moseman, Irondale	22-0
2 Tom Thomsen, Stillwater	21-7
3 Mark Wallace, White Bear Lake	21-6
4 Eric Luster, Hill-Murray	21-2
5 Tyler Conrad, White Bear Lake	20-8
6 Brady Blaska, Anoka	20-4 ½

Triple Jump

1 Nate Perkkio, Anoka	43-10
2 Dan Erickson, North St. Paul	42-11
3 Lonnie Walz, Blaine	42-7 ¾
4 Owen King, North St. Paul	42-3
5 Brady Blaska, Anoka	41-11 ½
6 Tom Thomsen, Stillwater	41-10 ½

High Jump

1 Mike Heslin, Irondale	6-5
2 Dave Goodin, Elk River	6-5
3 Jon Cross, Coon Rapids	6-4
4 Dan Erickson, North St. Paul	6-4
4 Todd O'Brien, White Bear Lake	6-4
6 Steve Carlson, Irondale	6-2

Pole Vault

1 Dave Zarns, Mounds View	14-0
2 Don Fogl, North St Paul	13-4
3 Doug Overton, Irondale	13-0
4 Kevin Moseley, White Bear Lake	13-0
5 Dan Duross, North St. Paul	12-6
6 Kelly Hemp, Anoka	12-0

* Ties Meet Record

** New Meet Record

q = qualified by standard

Notes: