

1989 Region 6A Championship at Morris

Teams: Staples-Motley 104, Herman-Norcross 54, New York Mills 38, Long Prairie 33, West Central 28, Verndale-Bertha-Hewitt 26, Glyndon-Felton-Dilworth 21, ...

100

1 Brian Carlsrud, Rothsay	11.07
2 John Vipond, Herman-N	11.25
3 Bob Cole, New York Mills	11.48
4 Dan Unzen, Clinton-G-C-A	11.50
5 Mark Nelson, Staples-M	11.53
6 Charlie Nelson, Perham	11.69

200

1 John Vipond, Herman-N	22.97
2 Bob Cole, New York Mills	23.19
3 Brian Carlsrud, Rothsay	23.21
4 Mark Nelson, Staples-M	23.65
5 Mike Loge, Morris	24.00
6 Mark Johnson, Wadena	24.05

400

1 Bob Cole, New York Mills	51.52
2 Mike Loge, Morris	51.79
3 Pat Hest, Eagle Valley	52.72
4 Andy Kennedy, Herman-N	52.99
5 Jamie Taves, Glyndon-F-D	53.04
6 Andy Taylor, Parkers Prairie	53.42

800

1 Collin Beachy, Staples-M	1:56.99
2 Rick Gillsdorf, Clinton-G-C-A	2:00.01
3 Ross Mack, New York Mills	2:03.03
4 Bob Bauck, Perham	2:06.22
5 Jesse Radeck, Hawley-U-H	2:06.86
6 James Saari, Henning	2:07.46

1600

1 Collin Beachy, Staples-M	4:26.90
2 Ross Mack, New York Mills	4:36.04
3 Todd Trutna, Sauk Centre	4:37.51
4 Marty Scherr, Wadena	4:44.61
5 Cory Thompson, Hillcrest	4:49.06
6 Mark Dillbeck, Barnesville	4:51.75

3200

1 Marty Scherr, Wadena	9:59.27
2 Todd Trutna, Sauk Centre	10:10.94
3 Ryan Reuter, Henning	10:22.19
4 Micah Grafenstein, Cyrus-H	10:28.90
5 Danny Larson, Frazee-V	10:34.39
6 Tim Miller, Sauk Centre	10:39.68

High Hurdles

1 Arden Beach, Staples-M	14.85
2 Mike Lutz, West Central	15.23
3 Matt Johnson, Breckenridge	15.43
4 Jason Sweeney, Staples-M	15.45
5 Kevin Smith, Parkers Prairie	15.85
6 Jeff Nachbor, Herman-N	16.01

Intermediate Hurdles

1 Arden Beachy, Staples-M	40.20
2 Matt Johnson, Breckenridge	41.18
3 Blaine Erickson, Ashby	41.47
4 Wade Bendson, Staples-M	42.10
5 Jeff Nachbor, Herman-N	42.53
6 Chad Slager, Hawley-U-H	52.54

4x100 Relay

1 Herman-Norcross	44.34
2 Staples-Motley	44.76
3 Glyndon-Felton-D	45.49
4 Bertha-Hewitt-V	45.54
5 Wadena	45.55
6 Ashby	45.80

4x400 Relay

1 Bertha-Hewitt-V	3:33.23
2 Staples-Motley	3:34.90
3 Wheaton	3:37.73
4 Herman-Norcross	3:38.68
5 Barnesville	3:41.53
6 Wadena	3:41.86

Sprint Medley Relay

1 Bertha-Hewitt-V	3:46.28
2 Long Prairie	3:49.56
3 Pelican Rapids	3:50.90
4 Breckenridge	3:52.71
5 Hawley-Ulen-H	3:52.82
6 Battle Lake-Underwood	3:54.39

Shot Put

1 Joe Elmes, Long Prairie	55-11 ½
2 Matt Sibul, Morris	49-5 ½
3 Jason Barbknecht, Battle Lk-U	49-5 ¼
4 Rob Lemke, Long Prairie	49-0 ½
5 Neal Pesta, Long Prairie	46-0 ½
6 Kyle Haugrud, Pelican Rapids	45-4 ½

Discus Throw

1 Shane Joos, Cyrus-Hancock	143-11
2 Chad Worden, Battle Lk-U	135-9
3 Mark Claire, Glyndon-F-D	135-1
4 Dave Christians, Herman-N	134-11
5 Neal Pesta, Long Prairie	134-2
6 Joe Elmes, Long Prairie	133-5

Long Jump

1 John Vipond, Herman-N	21-6 ¼
2 Charlie Nelson, Perham	20-11 ½
3 Mike Lutz, West Central	20-2 ½
4 Kyle Haddix, Pine River-Backus	19-11
5 Jeff Evavold, Ashby	19-9
6 Mark Nelson, Staples-M	19-5 ½

Triple Jump

1 Arden Beachy, Staples-M	45-1
2 Kevin Smith, Parkers Prairie	42-1 ½
3 Robert Rootham, Glyndon-F-D	41-7 ½
4 Mike Lutz, West Central	41-5 ½
5 Mike Hieb, Bertha-Hewitt-V	41-2 ½
6 Jeff Nachbor, Herman-N	40-7 ¼

High Jump

1 Mike Lutz, West Central	6-6
2 Jayme Olson, Ashby	6-4
3 Josh Beal, Wheaton	6-2
4 Brian Flan, Long Prairie	6-2
5 Brad Welske, Browerville	6-0
6 Shane Steffes, Glyndon-F-D	5-10

Pole Vault

1 Arden Beachy, Staples-M	14-9
2 Ryan Beachy, Staples-M	13-6
3 Jason Bigelow, Pelican Rapids	11-6
4 Clint Sweeney, Staples-M	11-6
5 Chris Nei, Long Prairie	11-6
6 Troy Friedrich, Wadena	11-0
6 Nels Onstad, Cyrus-Hancock	11-0

Notes: