

1989 Region 7A Championship

Teams:

100

1 Brett Cahoon, Cromwell	11.42
2 Jon Griesy, Two Harbors	11.49
3 Sean Clark, Carlton/W	11.52
4 Robb Read, McGregor	11.55
5 Dale Franks, Ely	11.56
6 Chris Olson, Pine City	11.63

200

1 Brett Cahoon, Cromwell	23.04
2 Jon Griesy, Two Harbors	23.51
3 Scott Ide, Chisholm	23.53
4 Keith Akins, Ely	23.65
5 Chris Olson, Pine City	23.71
6 Tyler Auel, Eveleth/G	23.78

400

1 Brett Cahoon, Cromwell	51.09
2 John Strukel, Mesabi East	51.75
3 Ryan Bastianelli, Eveleth/G	51.79
4 Brad Smith, Deer River	53.38
5 Jeff Roehl, Hinckley	54.37
6 Tom Strukel, Mesabi East	54.42

800

1 Jim Miklausich, Mesabi East	2:00.61
2 Brad Hren, Ely	2:01.41
3 Billy Kelley, Carlton/W	2:04.80
4 Bill McMurdo, Greenway	2:04.91
5 Jamie Kelley, Carlton/W	2:05.89
6 Kevin Olesen, Esko	2:06.7 hh

1600 (hand-held timing)

1 Jim Miklausich, Mesabi East	4:28.2
2 Randy McVean, Hermantown	4:28.2
3 Bobby Anderson, Duluth Marshall	4:35.3
4 Tim Hogan, Ely	4:41.6
5 Andrew Genereau, Barnum	4:45.3
6 Steve Roberts, Chisholm	4:46.3

3200 (hand-held timing)

1 Randy McVean, Hermantown	9:56.7
2 David Rollins, Mesabi East	10:01.1
3 Tim Hogan, Ely	10:04.2
4 Bobby Anderson, Duluth Marshall	10:11.0
5 Dan Lorch, Mesabi East	10:12.5
6 Steve Roberts, Chisholm	10:14.6

High Hurdles

1 Scott Antonutti, Esko	15.69
2 Allan Reinke, Pine City	16.56
3 Darryl Boerger, Mesabi East	16.58
4 Brian Hren, Ely	17.24
5 John Zagar, Nashauk-K	17.33
6 Chad Kieper, Rush City	17.39

Intermediate Hurdles

1 Allan Reinke, Pine City	41.93
2 Scott Antonutti, Esko	42.59
3 Brad Hren, Ely	42.63
4 John Zagar, Nashauk-K	42.78
5 Scott Kurtz, Mesabi East	43.1 hh
6 Darryl Boerger, Mesabi East	43.7 hh

4x100 Relay

1 Two Harbors (Jacoby, Bolen, Hatfield, Griesey)	45.14
2 Deer River	46.04
3 Ely	46.04
4 Chisholm	46.60
5 Mesabi East	47.09
6 Pine City	47.75

4x400 Relay

1 Mesabi East (J. Strukel, T. Strukel, Kurtz, Miklausich)	3:30.67
2 Eveleth/Gilbert	3:30.74
3 Esko	3:39.67
4 Duluth Marshall	3:39.87
5 Deer River	3:41.8 hh
6 Greenway	3:45.1 hh

Sprint Medley Relay

1 Carlton/W (Hamilton, Clark, J. Kelley, B. Kelley)	3:43.12
2 Pine City	3:43.92
3 Esko	3:44.59
4 Eveleth/G	3:46.86
5 Mesabi East	3:50.95
6 Greenway	3:53.4 hh

Shot Put

1 Chris Callahan, Carlton/W	50-5
2 Joe Mattson, Cromwell	47-10 ¼
3 Trent Pfishner, Cromwell	44-10
4 Dan Shober, Ely	43-5
5 Jason Karjala, Greenway	43-0 ¼
6 Brendon Moors, Bigfork	42-0 ¼

Discus Throw

1 Trent Pfishner, Cromwell	152-3
2 Dwayne Barstad, Mesabi East	149-5
3 Joel McDonald, Chisholm	132-2?
4 Jason Karjala, Greenway	132-9?
5 Joe Mattson, Cromwell	129-4
6 Darren Robbins, East Central	124-11

Long Jump

1 Troy Bolen, Two Harbors	21-6
2 Mike Larson, East Central	20-9 ½
3 Jason Hamilton, Carlton/W	20-7 ¼
4 Kevin Peterson, Intl Falls	20-1 ¼
5 Thaddeus Wavrin, Ely	19-6 ½
6 Tom Strukel, Mesabi East	19-1 ½

Triple Jump

1 Troy Bolen, Two Harbors	42-11 ¾
2 Tom Strukel, Mesabi East	41-9
3 Darryl Boerger, Mesabi East	41-4 ¾
4 Jayson Hamilton, Carlton/W	40-9
5 Gino Anselmo, Bigfork	40-3 ¾
6 Kevin Peterson, Taylor Falls	40-2

High Jump

1 Joe Pelletier, McGregor	6-2
2 Jason Gilbrech, Taylor Falls	6-1
3 Mike Larson, East Central	6-1
4 Bill McMurdo, Greenway	5-8
5 Matt Dittberner, Hinckley	5-8
6 Scott Antonutti, Esko	5-8

Pole Vault

1 Jason Peterson, Barnum	12-6
2 Jason Kissner, Mesabi East	12-6
3 Joe Errington, Rush City	12-0
4 Lon Beck, Two Harbors	11-6
5 Brad Lemke, Deer River	11-6
6 Travis Hubbard, Esko	11-0

Notes: