

1989 Region 7AA Championship at International Falls, June 3, 1989

Teams: St. Francis 76, International Falls 61, Duluth Central 51, Grand Rapids 48, Proctor 47, Duluth Denfeld 42, Hibbing 39, Cloquet 38, Cambridge 37, North Branch 31, Virginia-MIB 18, Chisago Lakes 17, Duluth East 12, Princeton 9.

100

1 Mark Larson, St Francis	11.14
2 Roger Combs, Intl Falls	11.23
3 Henry Williams, Du Central	11.26
4 Scott Kuit, Du East	11.50
5 Jim Kleffman, Hibbing	11.51
6 Kent Kuusinen, Grand Rapids	11.56

High Hurdles

1 Al Mitchell, Proctor	15.42
2 Bryan Hanson, Grand Rapids	15.81
3 Ole Anderson, Cloquet	15.88
4 Jason Secord, Princeton	16.11
5 Russ Hemmelgarn, St Francis	16.32
6 Erik Peterson, Intl Falls	16.41

Discus Throw

1 Chris Skiba, North Branch	169-3
2 Pat O'Brien, Intl Falls	161-4
3 Erick Elfink, Du Denfeld	155-1
4 Bernie Miller, Princeton	135-9
5 Kirk Jezlerski, Du Central	135-7
6 Tim Berg, Proctor	133-3

200

1 Jeff Deidrich, St. Francis	22.21
2 Mark Larson, St Francis	22.65
3 Will Schmidtbauer, Intl Falls	22.80
4 Dan Critchley, Du Denfeld	22.95
5 Bernie Lenz, St Francis	23.10
6 Jim Kleffman, Hibbing	23.43

Intermediate Hurdles

1 Al Mitchell, Proctor	41.58
2 Ole Anderson, Cloquet	41.77
3 Russ Hemmelgarn, St Francis	41.81
4 Malcolm Matzdorf, Du Central	42.21
5 Dave Gibson, Hibbing	42.95
6 Joe Pankan, Cambridge	43.33

Long Jump

1 Langdon Spangler, Grand Rapids	22-0 ¼
2 Jeff Deidrich, St. Francis	21-10 ¼
3 John Ryan, Cambridge	20-9 ½
4 Skip Nelson, Grand Rapids	20-6
5 Nate Hartwig, Hibbing	20-5 ½
6 Nate Hemstad, Intl Falls	20-0 ½

400

1 Jeff Deidrich, St. Francis	50.97
2 Bernie Lenz, St Francis	51.75
3 Eric Lundstrom, Du Central	52.06
4 Brian Tantt, Virginia	52.60
5 Jason Lundquist, Cambridge	52.80
6 Leif Hansen, Chisago Lakes	53.02

4x100 Relay

1 Duluth Central	44.06
2 International Falls	44.31
3 Cambridge	45.11
4 Duluth East	45.47
5 Grand Rapids	45.91
6 St. Francis	46.54

Triple Jump

1 Henry Williams, Du Central	43-3 ¾
2 Skip Nelson, Grand Rapids	42-3 ¼
3 John Ryan, Cambridge	41-4
4 Nate Hartwig, Hibbing	40-8 ¼
5 Kyle Ayen, Cambridge	40-2 ½
6 Langdon Spangler, Grand Rapids	39-6

800

1 Brian Tantt, Virginia	2:00.39
2 Jay Johnson, Cloquet	2:02.09
3 Jim Hornsten, Chisago Lakes	2:02.14
4 Adam Olson, Grand Rapids	2:05.71
5 Pete Rosholt, Du Central	2:07.04
6 Morgan Mann, St Francis	2:07.39

4x400 Relay

1 St. Francis	3:30.35
2 Duluth Central	3:32.97
3 Duluth Denfeld	3:35.57
4 Grand Rapids	3:37.16
5 Cambridge	3:38.35
6 Proctor	3:38.36

High Jump

1 Cody Christianson, Intl Falls	6-2
2 Nate Hartwig, Hibbing	6-1
3 Andy Strom, Du Denfeld	6-0
4 Paul Beyer, Intl Falls	6-0
5 Malcom Matzel, Du Central	5-10
6 Nate Stahl, Proctor	5-10

1600

1 Pete Zambrano, Hibbing	4:21.97
2 Greg Hexum, Proctor	4:28.45
3 Jay Johnson, Cloquet	4:31.91
4 Joel Johnson, North Branch	4:40.04
5 Chad Erspamer, Virginia-MIB	4:46.06
6 Doug Booher, Cambridge	4:49.73

Sprint Medley Relay

1 Duluth Denfeld	3:41.87
2 Chisago Lakes	3:43.22
3 Grand Rapids	3:43.66
4 Duluth East	3:47.51
5 Proctor	3:53.80
6 Princeton	3:59.81

Pole Vault

1 Chris Hemstad, Intl Falls	14-1 ½
2 Andy Anderson, Proctor	13-4
3 Steve Miller, Cambridge	13-0
4 Mike Reigel, Intl Falls	12-8
5 Chris Romoe, Intl Falls	12-0
6 Jeremy Shepard, Cambridge	12-0

3200

1 Pete Zambrano, Hibbing	9:58.33
2 Joel Johnson, North Branch	10:02.58
3 Greg Hexum, Proctor	10:14.30
4 Brian Ronning, Cloquet	10:21.41
5 Chad Erspamer, Virginia-MIB	10:26.65
6 Derek Tomaich, Du Central	10:28.80

Shot Put

1 Frank Tekautz, Du Denfeld	57-0
2 Bob Schweich, North Branch	56-10 ¾
3 Reijo Raakola, Cloquet	49-6
4 Loren Schroeder, Cambridge	49-2
5 Jim Eley, Chisago Lakes	47-8 ½
6 Chris Skiba, North Branch	47-5 ¾

* Ties Meet Record
** New Meet Record

Notes: