

1990 Region 1A Championship at Stewartville High School, June 1 & 2, 1990

Teams: Rushford-P-H 72, Elgin-M 44, Lake City 44, Plainview 39, Roch Lourdes 31, Byron 30, Chatfield 27, Lanesboro 25 ¼, Wabasha-K 24, Dover-E-SC 22, Stewartville 21, Grand Meadow/L-O/S 21, Lewiston-A 16, Pine Island 12, Zumbrota-M 12, Blooming Prairie 11 ¼, Kasson-M 11, Kenyon-W-WC 10 ¼, Waseca 10, LaCrescent 8, Winona Cotter 7, Caledonia-SG 1, Hayfield-DC 0 ¼.

100

- 1 D. Tentis, WK 11.41
- 2 J. Nibbe, LC 11.47
- 3 E. Henderson, RPH 11.57
- 4 R. Engel, Plv 11.75
- 5 J. Dahl, PFH 11.77
- 6 T. Klemmenson, BP 11.78

200

- 1 D. Tentis, WK 23.24
- 2 E. Henderson, RPH 23.30
- 3 D. Rettman, EM 23.59
- 4 R. Engel, Plv 23.60
- 5 J. Dahl, PFH 23.93
- 6 C. Gore, KM 24.09

400

- 1 E. Henderson, RPH 50.59
- 2 R. Love, PFH 50.93
- 3 N. Dodd, Stew 51.17
- 4 D. Tentis, WK 51.50
- 5 J. Halfman, By 51.84
- 6 D. Dale, RL 52.07

800

- 1 C. Hall, Lanes 2:00.78
- 2 J. Bentson, PFH 2:00.95
- 3 T. Heise, LC 2:02.27
- 4 J. Daood, EM 2:02.40
- 5 M. Burt, PI 2:05.97
- 6 B. Ehler, CSG 2:06.66

1600

- 1 C. Navarro, RL 4:31.22
- 2 C. Hall, Lanes 4:32.19
- 3 S. Anderson, EM 4:34.61
- 4 M. Gaistad, By 4:36.77
- 5 M. Hampl, ZM 4:38.47
- 6 T. Cogswell, Plv 4:50.71

3200

- 1 C. Navarro, RL 9:54.84
- 2 S. Anderson, EM 9:59.76
- 3 F. Spring, WC 10:00.27
- 4 T. Cogswell, Plv 10:16.58
- 5 P. Hanson, RPH 10:25.38
- 6 A. Omar, WC 10:40.71

High Hurdles

- 1 R. Steffenhagen, LC 15.15
- 2 K. Diskerud, GMLOS 15.59
- 3 J. Vorlicek, BP 16.04
- 4 B. Hatlievig, RPH 16.32
- 5 S. Taylor, Lanes 16.43
- 6 M. Ferguson, Chat 16.56

Intermediate Hurdles

- 1 R. Steffenhagen, LC 40.64
- 2 B. Berning, Plv 40.84
- 3 M. Ferguson, Chat 41.05
- 4 B. Hatlievig, RPH 42.17
- 5 J. Ingvalson, BP 42.27
- 6 E. Diskerud, GMLOS 42.34

4x100 Relay

- 1 Lewiston-A 45.57
- 2 Plv 45.66
- 3 RPH 45.72
- 4 DESC 45.86
- 5 BP 46.32
- 6 Lanes 47.05

4x400 Relay

- 1 Byron 3:28.87
- 2 EM 3:30.21
- 3 RL 3:31.85
- 4 Stew 3:34.88
- 5 PFH 3:36.57
- 6 KWWC 3:42.16

Sprint Medley Relay

- 1 Lake City 3:37.54 (Nibbe, Steffenhagen, Olsen, Heise)
- 2 Stew 3:38.33 (standard)
- 3 PFH 3:39.03 (standard)
- 4 EM 3:46.21
- 5 RL 3:46.74
- 6 DESC 3:47.75

Shot Put

- 1 S. Maker, Chat 55-3 ¾
- 2 G. Roeder, DESC 50-3 ¾
- 3 K. Carlson, LA 50-3
- 4 R. Murray, PI 49-0
- 5 J. Kennedy, GMLOS 47-2 ¼
- 6 S. Edwards, DESC 46-1

Discus Throw

- 1 S. Maker, Chat 157-0
- 2 Glen Roeder, DESC 151-7
- 3 Ryan Murray, PI 146-7
- 4 Mark Holmen, Lanes 146-5
- 5 Jim Black, RL 143-4
- 6 Jeff Finstuen, ZM 128-11

Long Jump

- 1 T. Thorn, RPH 21-2 ½
- 2 R. Bunke, RPH 20-3 ½
- 3 J. Vandenberg, LaCr 20-2 ½
- 4 T. Jager, Was 20-1 ¼
- 5 D. Wright, EM 19-10 ¼
- 6 P. Keller, By 19-2 ½

Triple Jump

- 1 E. Diskerud, GMLOS 42-6
- 2 G. Gossard, KWWC 42-3 ¾
- 3 D. Wright, EM 42-3 ½
- 4 T. McDonald, ZM 42-1
- 5 J. Vandenberg, LaCr 40-11
- 6 T. Bower, KWWC 40-5 ½

High Jump

- 1 J. Meek, KM 6-2
- 2 B. Hatlievig, RPH 6-2
- 3 A. Larsch, RPH 6-0
- 4 W. Kurth, ZM 5-10
- 5 B. Berning, Plv 5-8
- 6 K. Thompson, RPH 5-6
- 6 A. Bond, KWWC 5-6
- 6 N. Larson, HDC 5-6
- 6 B. Olson, Lanes 5-6

Pole Vault

- 1 K. Cabaga, By 12-6
- 2 D. Ranta, Plv 12-6
- 3 T. Jager, Was 12-0
- 4 M. Buri, Stew 12-0
- 4 E. Thompson, By 12-0
- 6 B. Stiller, ZM 12-0

* Ties Meet Record

** New Meet Record

Notes: