

1990 REGION 4AA CHAMPIONSHIPS

Teams: (8,6,4,3,2,1) Anoka 104, Stillwater 79, Mounds View 50, Irondale 45, Forest Lake 44, Blaine 42, Coon Rapids 38, White Bear Lake 37, Tartan 34, Hill-Murray 21, Spring Lake Park 16, North St. Paul 13, Elk River 3, Centennial 1, Columbia Heights 0.

High Jump

1 Carlson, Steve	Iron	6-7
2 Cross, John	CR	6-6
t3 Nunyakpe, Arn	WBL	6-4
t3 Weeks, Chad	BI	6-4
5 Herrbolt, Ryan	BI	6-2
6 Pasche, Matt	BI	6-2

Shot Put

1 Toth, Joe	FL	56-4 ½
2 Bostrom, Warren	Still	55-1 ½
3 Miller, Dan	MV	50-2 ½
4 LeTourneau, Matt	NSP	50-0 ¼
5 Quam, Jess	Iron	47-11 ¾
6 Walczak, Matt	WBL	47-4

3200 Meter Run

1 Cooper, Ken	MV	9:34.09
2 Helm, David	SLP	9:34.49
3 McCarthy, Tom	Still	9:53.47
4 Broderick, Andy	Still	9:54.91
5 Zmijewski, Bryan	MV	9:55.05
6 Gradiner, John	Tart	10:03.29

Long Jump

1 Wallace, Mark	WBL	21-9 ½
2 Cross, John	CR	21-8 ½
3 Walz, Lonnie	BI	21-4
4 Lillestrand, Scott	Anok	20-10 ¾
5 Best, Andre	Tart	20-10 ½
6 Primus, Sean	Anok	20-8 ½

Pole Vault

1 Ronayne, Andy	Tart	13-0
2 Kotek, Dan	MV	13-0
3 Overton, Doug	Iron	12-6
4 Bruton, Dan	WBL	12-6
5 Becker, John	CR	12-6
6 Rengsdorf, Lance	Still	12-0

110 High Hurdles

1 Lanigan, Jamie	CR	14.72
2 Rosenkranz, Erik	Anok	14.96
3 Gillen, Craig	FL	15.06
4 Laska, Dick	Tart	15.73
5 Hager, Micah	BI	15.92
6 Frismanis, Mike	Anok	15.99

100 Meter Dash

1 Mathison, Shawn	Anok	11.17
2 Toth, Joe	FL	11.32
3 Soukup, John	BI	11.41
4 Andrea, Tony	HM	11.42
5 Reitan, Jerry	BI	11.46
6 Brown, Jason	Anok	11.58

Sprint Medley Relay

1 STILLWATER	3:34.40
2 MOUNDS VIEW	3:36.90
3 IRONDALE	3:38.80
4 ANOKA	3:40.10
5 BLAINE	3:46.70
6 ELK RIVER	3:48.90

1600 Meter Run

1 Dahle, John	Anok	4:32.19
2 Helm, David	SLP	4:33.34
3 Cooper, Ken	MV	4:39.89
4 Broderik, Andy	Still	4:40.43
5 Gardiner, John	Tart	4:40.44
6 Tapp, Richard	Cent	4:44.71

400 Meter Relay

1 STILLWATER	44.9
2 ANOKA	45.1
3 BLAINE	45.6
4 WHITE BEAR LAKE	46.2
5 IRONDALE	46.9
6 TARTAN	46.9

400 Meter Dash

1 Roufs, Dale	Still	52.2
2 Connors, Brian	HM	52.4
3 Garner, Joe	Still	52.6
4 Johnson, Nick	Tart	52.8
5 Marks, Ted	Iron	54.1
6 Osmond, Andy	Iron	54.8

300 Intermediates

1 Rosenkranz, Erik	Anok	39.28
2 Gillen, Craig	FL	40.11
3 Abraham, Wayne	CR	41.44
4 Laska, Dick	Tart	41.94
5 Decoux, Brian	Iron	42.23
6 Everson, Brian	WBL	42.38

800 Meter Run

1 Hudson, Erik	Still	1:55.4
2 Dahle, John	Anok	1:55.9
3 Osmond, Jon	Iron	1:56.4
4 Crotteau, Mike	MV	1:58.7
5 Ellingson, Jeff	CR	2:01.2
6 Wickberg, Eric	Anok	2:02.6

4x400 Relay

1 ANOKA	3:26.1
2 IRONDALE	3:26.5
3 STILLWATER	3:26.9
4 MOUNDS VIEW	3:31.8
5 COON RAPIDS	3:32.5
6 HILL MURRAY	3:33.9

Triple Jump

1 Wallace, Mark	WBL	43-5 ¼
2 Primus, Sean	Anok	42-8
3 Best, Andre	Tart	42-3 ½
4 Blaska, Brady	Anok	41-5 ½
5 Shah, Mark	MV	41-4
6 Erickson, Dan	NSP	41-3

200 Meter Dash

1 Mathison, Shawn	Anok	22.98
2 Andrea, Tony	HM	23.24
3 Soukup, John	BI	23.33
4 Kochendorfer, Brian	Still	23.53
5 Wallace, Mark	WBL	23.58
6 Gillen, Craig	FL	23.65

Discus

1 Toth, Joe	FL	177-10
2 LeTourneau, Matt	NSP	150-4
3 Lee, Andre	Anok	148-5
4 Arness, Matt	BI	141-3
5 Tannem, Joel	BI	139-7
6 Schlavin, Joe	FL	135-3