

1990 Region 5A Championship - June 2, 1990

Teams: Albany 48, Watertown-Mayer 44 ½, Rocori 44, Sartell 36, Litchfield 35, AGCC 31, Blake 28, Crosby-Ironton 28, Dassel-Cokato 24, Holdingford 24, Breck 23, Mora 23, St Cloud Cathedral 23, Minnehaha Academy 22, New London-Spicer 20, Sauk Rapids 14, St Michael-Albertville 10, Rockford 9, Delano 8, Orono 6, Paynesville 6, St John's Prep 6, Annandale 4, BBE 4, Braham, Pierz 1 ½, BBL 1, Foley 1.

100

- 1 Hardman, Minnehaha 11.64
- 2 Tester, NLS 11.66
- 3 Burke, Blake 11.78
- 4 Terhaar, BBE 11.82
- 5 Witte, Albany 11.84
- 6 Steinke, C-I 11.98

200

- 1 Welch, Breck 23.48
- 2 Brinker, Rocori 23.51
- 3 Patnode, Rockford 23.81
- 4 Richter, Albany 23.82
- 5 Hardman, Minnehaha 24.08
- 6 Goebel, Albany 24.23

400

- 1 C. Welsh, Breck 50.27
- 2 J. Olson, Mora 51.92
- 3 B. Hoffman, Sauk Rpds 51.97
- 4 T. Spanier, Paynesv 52.36
- 5 C. Meidinger, Rockf 52.64
- 6 M. Kitchenmaster, NLS 52.66

800

- 1 K. O'Brien, Sart 2:00.99
- 2 T. Cardinal, Watertown-M 2:02.48
- 3 J. Kurr, SJP 2:03.03
- 4 E. Rau, Annand 2:04.15
- 5 M. Benson, Breck 2:06.86
- 6 G. Anderson, Mora 2:07.78

1600

- 1 K. O'Brien, Sart 4:26.16
- 2 D. Stenberg, Litchf 4:27.82
- 3 C. Flint, Orono 4:28.03
- 4 J. McClelland, NLS 4:33.14
- 5 A. Nelson, Blake 4:33.33
- 6 S. Rahm, Foley 4:33.79

3200

- 1 D. Stenberg, Litchf 9:49.01
- 2 B. Nemeth, Cathedral 10:03.00
- 3 D. Deuhs, Rocori 10:09.94
- 4 J. Westrup, Rocori 10:11.99
- 5 P. Hennes, Sart 10:23.76
- 6 J. McClelland, NLS 10:29.45

High Hurdles

- 1 Schuettpelz, Watertown-M 15.42
- 2 Beckstrand, AGCC 15.86
- 3 Patrick, Holdingf 16.03
- 4 Sanborn, Dassel-C 16.07
- 5 Larson, AGCC 16.17
- 6 Hanneken, Pierz 16.60

Intermediate Hurdles

- 1 M. Greener, Minnehaha 40.89
- 2 J. Beckstrand, AGCC 41.15
- 3 B. Schuettpelz, Watertown-M 41.63
- 4 D. Kling, Blake 41.89
- 5 C. Sanborn, Dassel-C 42.14
- 6 T. Rodenwald, Albany 42.63

4x100 Relay

- 1 Albany 44.03
- 2 Blake 44.36
- 3 Rocori 44.93
- 4 C-I 45.34
- 5 D-C 45.36
- 6 Rockford 45.56

4x400 Relay

- 1 Watertown-Mayer 3:31.60
- 2 Delano 3:34.82
- 3 NLS 3:36.68
- 4 Sartell 3:41.86
- 5 Mora 3:48.37

Sprint Medley Relay

- 1 Watertown-Mayer 3:41.24
- 2 Sauk Rapids 3:42.67
- 3 Rocori 3:42.81
- 4 Mora 3:47.43
- 5 Braham 3:49.18
- 6 AGCC 3:54.56

Shot Put

- 1 P. Nelson, Litchf 56-7 ¾
- 2 S. Roberts, C-I 54-3 ½
- 3 D. Dirkes, Albany 52-2 ¼
- 4 T. Christensen, Litchf 51-9 ½
- 5 M. Nyquist, D-C 51-2 ½
- 6 M. Taylor, C-I 50-6 ½

Discus Throw

- 1 M. Nyquist, D-C 172-3
- 2 D. Dirkes, Albany 145-0
- 3 H. Eisenbacher, AGCC 144-11
- 4 J. Caddy, C-I 144-2
- 5 B. Larson, Litchf 132-8
- 6 C. Ethan, Cathedral 132-7

Long Jump

- 1 S. Roberts, C-I 20-2 ½
- 2 B. Aas, Mora 20-0 ½
- 3 D. Goebel, Albany 20-0
- 4 M. Nyquist, D-C 19-11
- 5 M. Mischke, StMA 19-10 ½
- 6 J. Hite, C-I 19-8 ¼

Triple Jump

- 1 Brinker, Rocori 42-9
- 2 Stonech, Holdingf 42-0 ½
- 3 Seiler, Albany 41-7
- 4 Janes, Blake 41-4
- 5 Kuderle, Blake 41-3 ¾
- 6 Juhl, BBL 40-5

High Jump

- 1 S. Ingvaldson, Sart 6-2
- 2 C. Ethan, Cathedral 6-2
- 3 T. Schroeder, Cathedral 6-2
- 4 W. Seiler, Albany 6-0
- 5 G. Lieser, Paynesv 5-10
- 6 C. Hanneken, Pierz 5-10
- 6 B. Schuettpelz, W-M 5-10

Pole Vault

- 1 T. Sobiana, Holdingf 13-0
- 2 J. Eicher, StMA 13-0
- 3 J. Beckstrand, AGCC 12-6
- 4 J. Jungels, Rocori 12-0
- 5 J. Seel, Blake 12-0
- 6 T. Hiermaier, Litchf 11-6

* Ties Meet Record

** New Meet Record

Notes: