

# 1990 Region 7AA Championship at Duluth, June 2, 1990

**Teams:** International falls 96, Cambridge 85, Grand Rapids 56, Virginia/Mt. Iron/Buhl 44, Duluth Central 43, Hibbing 43, St. Francis 39, Duluth East 31, Proctor 23, Duluth Denfeld 21, North Branch 20, Princeton 17, Cloquet 9.

## 100

- 1 Mark Larson, St. Fr 11.18
- 2 Roger Combs, Intl F 11.40
- 3 Matt Royal, Cambr 11.44
- 4 Shawn Johnson, Du Cen 11.65
- 5 John Swanstrom, Du East 11.67
- 6 Randy Gray, Du Cen 11.68

## 200

- 1 Shawn Johnson, Du Cen 24.02
- 2 Jason Lindquist, Cambr 24.21
- 3 Toby Robillard, VMIB 24.223
- 4 John Swanstrom, Du East 24.55
- 5 Cory Ohman, Du East 24.89
- 6 Jeremy Finke, Gr Rap 25.23

## 400

- 1 Mark Larson, St. Fr 50.76
- 2 Jeremy Finke, Gr Rap 51.57
- 3 Randy Gray, Du Cen 52.04
- 4 Jason Lindquist, Cambr 52.47
- 5 Tim Berntson, Du Cen 52.74
- 6 Lee South, Gr Rap 53.12

## 800

- 1 Brian Tantt, VMIB 2:00.22
- 2 Joe Roberts, Int F 2:00.83
- 3 Nate Lebrasseur, Cloq 2:02.51
- 4 Rich Heine, Proc 2:05.03
- 5 Drew Pollock, Du East 2:05.58
- 6 Morgan Mann, St Fr 2:05.81

## 1600

- 1 Brian Tantt, VMIB 4:32.69
- 2 Chad Erspamer, VMIB 4:34.92
- 3 Eric Beste, Du East 4:37.76
- 4 Johan Anderson, Hibb 4:41.54
- 5 John Hand, St. Fr 4:43.21
- 6 Chad Bahr, Int F 4:44.41

## 3200

- 1 Chad Erspamer, VMIB 9:57.34
- 2 Norman Wood, Int F 10:00.89
- 3 Derek Tomaich, Du Cen 10:08.39
- 4 Steve Sullivan, Proc 10:11.17
- 5 Chris Gibbs, St. Fr 10:16.52
- 6 Peter Dalve, St. Fr 10:20.80

## High Hurdles

- 1 Brian Hall, Cambr 15.79
- 2 Bryan Hanson, Gr Rap 15.89
- 3 Andy Miltich, Gr Rap 16.04
- 4 Erik Peterson, Int F 16.28
- 5 Kevin Brown, Du East 16.41
- 6 Dave Gibson, Hibb 16.54

## Intermediate Hurdles

- 1 Chaffra Giddens, Du Denf 42.14
- 2 Dave Gibson, Hibb 43.02
- 3 Brian Hall, Cambr 43.49
- 4 Nate Rajala, Gr Rap 43.95
- 5 Chris Dalton, Du East 44.50
- 6 Chad Johnson, Du East 44.60

## 4x100 Relay (hand held)

- 1 Cambridge 44.4
- 2 Intl Falls 44.7
- 3 Grand Rpd 44.7
- 4 Princeton 46.3
- 5 North Branch 46.3
- 6 Proctor 46.7

## 4x400 Relay

- 1 Du Central 3:31.13
- 2 Intl Falls 3:31.76
- 3 Grand Rapids 3:34.63
- 4 St Francis 3:37.80
- 5 Du Denfeld 3:40.60
- 6 Cambridge 3:42.30

## Sprint Medley Relay

- 1 Intl Falls 3:39.37
- 2 Du Denfeld 3:40.97
- 3 Hibbing 3:47.53
- 4 Cambridge 3:49.59
- 5 Francis 3:53.22
- 6 Princeton 3:57.22

## Shot Put

- 1 Bob Schueich, NB 59-8
- 2 Pat O'Brien, Int F 51-6
- 3 Shawn Dykema, St. Fr 49-9
- 4 Will Grindall, Int F 47-5 ½
- 5 Scott Hanson, Int F 46-5
- 6 Doug Bragg, Du Denf 45-11

## Discus Throw

- 1 Pat O'Brien, Int F 163-11
- 2 Jack Buckley, Gr Rpd 151-10
- 3 Will Grindall, Int F 150-8
- 4 Bob Schueich, NB 146-5
- 5 Aaron Goranson, Cloq 137-10
- 6 Shawn Dykema, St. Fr 137-8

## Long Jump

- 1 Matt Royal, Cambr 20-8 ½
- 2 Langdon Spangler, Gr Rap 19-7 ½
- 3 Mark Freitag, Princ 19-7 ¼
- 4 Scott David, NB 19-3 ½
- 5 Paul Sather, Princ 19-2 ½
- 6 Kevin Rappana, Du East 19-0 ¼

## Triple Jump

- 1 Patrick Lubina, Hibb 41-2 ¾
- 2 Brian Hall, Cambr 40-1 ½
- 3 Tony Valentini, Hibb 39-3 ¼
- 4 Dave Reyelts, Du Cent 38-5
- 5 Jason Lindquist, Cambr 38-2
- 6 Kevin Rappana, Du East 37-10

## High Jump

- 1 Cody Christensen, Int F 6-3
- 2 Rich Lundeen, Du East 6-3
- 3 Patrick Lubina, Hibb 6-2
- 4 Paul Sather, Princ 5-10
- 5 Jerry Carrier, Cambr 5-10
- 6 Cala Souminen, Cloq 5-8

## Pole Vault

- 1 Scott Miller, Cambr 13-0
- 2 Ed Spence, Proc 12-6
- 3 Mark Johnson, Proc 12-6
- 4 Jeremy Sheppard, Cambr 12-0
- 5 Chris Romosz, Int F 11-6
- 6 Shawn Brown, Int F 11-6

\* Ties Meet Record

\*\* New Meet Record

**Notes:**