

1991 Region 7AA Championship at Princeton H.S., June 1, 1991

Teams: Cambridge 162, International Falls 156, Duluth East 130, Hibbing 106, Grand Rapids 102, Duluth Central 88, Duluth Denfeld 88, Cloquet 72, Princeton 50, Saint Francis 50, North Branch 20, Virginia/Mountain Iron-Buhl 20, Proctor 4.

100

- 1 Shane Sobczak, Du Den 11.39
- 2 Matt Royal, Camb 11.50
- 3 Randy Gray, Du Cen 11.58
- 4 Cory Ohman, Du East 11.63
- 5 Jeremie Reinhardt, Hibb 11.89
- 6 Nick Vienneau, Du Cen 11.94
- 7 Toby Robillard, VMBI 11.96
- 8 Martin Moberg, Gr R 12.10

200

- 1 Mark Freitag, Princ 23.17
- 2 Toby Robillard, VMBI 23.25
- 3 Nick Vienneau, Du Cen 23.58
- 4 Cory Ohman, Du East 23.65
- 5 Josh Welch, Camb 23.69
- 6 Jim Leste, Du East 24.09
- 7 Jeremie Reinhardt, Hibb 24.14
- 8 Aaron Wicklund, IF 24.18

400

- 1 Shane Sobczak, Du Den 50.57
- 2 Mark Freitag, Princ 51.30
- 3 Nat Hemstad, IF 51.67
- 4 Tim Berntson, Du Cen 52.31
- 5 Greg Vanderheuvell, NoBr 52.34
- 6 Matt Aune, Hibb 53.10
- 7 Dave Reyelts, Du Cen 53.30
- 8 Jamie Lyngstad, St Fr 53.41

800

- 1 Cale Souminen, Cloq 1:58.92
- 2 Todd Lindell, Camb 1:59.26
- 3 Nate LeBrasseur, Cloq 1:59.30
- 4 Drew Pollock, Du East 2:00.72
- 5 Brandon Watson, Du Cen 2:04.60
- 6 Joe Bayer, St Fr 2:05.74
- 7 Jason Cochran, Camb 2:06.80
- 8 Paul Shrumm, IF 2:07.26

1600

- 1 Chad Bahr, IF 4:33.95
- 2 Tom Ojutkangas, Cloq 4:35.16
- 3 Chad Heltemes, St Fr 4:36.69
- 4 Dave Foster, Du Den 4:43.83
- 5 Kevin Luoma, VMBI 4:45.64
- 6 Allen Broderius, Du East 4:45.71
- 7 Nick Provenzino, Hibb 4:47.80
- 8 Jim Weber, Du East 4:48.83

3200

- 1 Chad Bahr, IF 9:57.90
- 2 Brian Hill, Du East 9:59.22
- 3 Robert Giuliani, Du East 10:03.79
- 4 Norm Wood, IF 10:11.06
- 5 Mike Hanson, Proc 10:21.8
- 6 Chad Heltemes, St Fr 10:27.2
- 7 Kevin Betts, Du Cen 10:29.5
- 8 Troy Gjerde, NoBr 10:38.4

High Hurdles

- 1 Brian Hall, Camb 15.03
- 2 Andy Miltich, Gr R 15.25
- 3 Darren Carlson, St Fr 15.56
- 4 Dave Gibson, Hibb 15.57
- 5 Kevin Brown, Du Ea 15.67
- 6 Chris Markus, Du Ea 16.48
- 7 Jason Gray, IF 16.75
- 8 Dan Mosher, Du Cen 16.87

Intermediate Hurdles

- 1 Dave Gibson, Hibb 40.32
- 2 Andy Miltich, Gr R 41.30
- 3 Kevin Brown, Du Ea 42.00
- 4 David Scott, NoBr 42.14
- 5 Joey Orrey, Du Den 42.72
- 6 Nate Rajala, Gr R 42.78
- 7 Jeremy Hawkins, Camb 43.08
- 8 Jim Micke, Cloq 43.11

4x100 Relay

- 1 Cambridge 44.71
- 2 Dul East 44.80
- 3 Intl Falls 44.81
- 4 Grand Rpds 45.24
- 5 North Branch 46.60
- 6 Dul Central 47.13
- 7 Dul Denfeld 50.35

4x400 Relay

- 1 Dul Central 3:27.62
- 2 Intl Falls 3:30.71
- 3 Dul Denfeld 3:31.51
- 4 Dul East 3:31.77
- 5 North Branch 3:37.18
- 6 Cambridge 3:38.38

Sprint Medley Relay

- 1 Hibbing 3:37.71
- 2 Dul Central 3:39.13
- 3 Cambridge 3:45.39
- 4 Dul Denfeld 3:45.57
- 5 Intl Falls 3:49.82
- 6 St. Francis 3:51.15
- 7 Dul East 3:56.15

Shot Put

- 1 Scott Hanson, Hib 51-5
- 2 Doug Bragg, Du Den 48-0
- 3 Will Grindall, IF 48-0
- 4 Gary Horack, Hib 47-5
- 5 Marty Schubitzke, Du Cen 45-5 ½
- 6 Jacko Buckley, Gr R 44-9
- 7 Clint Krueger, Camb 44-2
- 8 Tim Weber, Cloq 43-0 ½

Discus Throw

- 1 Jacko Buckley, Gr R 163-4
- 2 Aaron Goranson, Cloq 156-11
- 3 Will Grindall, IF 140-11
- 4 Scott Hanson, Hib 137-1
- 5 Clint Krueger, Camb 136-3
- 6 Aaron Koelman, Princ 132-9
- 7 Doug Bragg, Du Den 132-2
- 8 Chad Larson, IF 128-6

Long Jump

- 1 Langdon Spangler, Gr R 21-6 ¾
- 2 Paul Johnson, Du Ea 20-7 ¾
- 3 Mark Freitag, Princ 20-6 ½
- 4 Matt Royal, Camb 20-5
- 5 Brian Kearney, Hibb 20-4 ½
- 6 Brian Stavnes, Hibb 19-6

Triple Jump

- 1 Darren Carlson, St Fr 41-6
- 2 Langdon Spangler, Gr R 41-4
- 3 Brian Hall, Camb 41-1
- 4 Dave Arola, Du Cen 40-0 ½
- 5 Tony Valentini, Hibb 39-5 ½
- 6 Andy Miltich, Gr R 39-5 ½

High Jump

- 1 Shawn Nielson, Camb 6-3
- 2 Paul Johnson, Du Ea 6-3
- 3 Cody Christensen, IF 6-2
- 4 Cale Souminen, Cloq 6-2
- 5 Jeff Gustafson, Hibb 5-10
- 6 Cody Kruchoski, Hibb 5-8

Pole Vault

- 1 Chris Romosz, IF 12-6
- 2 Scott Miller, Camb 12-0
- 3 Jeremy Sheppard, Cam 11-6
- 4 Jeff McLaughlin, IF 10-6

* Ties Meet Record

** New Meet Record

Notes: