

1996 Region 4AA Championship at Stillwater, May 30 & June 1, 1996

Teams: Stillwater 135, Champlin Park 85, Mahtomedi 73, Anoka 70, White Bear Lake 61, Coon Rapids 53, Mounds View 49, Irondale 39, Centennial 37, Tartan 28, Spring Lake Park/St. Anthony 13, Blaine 11, Hill-Murray 5, North St. Paul 3.

100

1	Jermaine Brown, Champlin Pk	11.12	(11.1 p)
2	Ricky Thomas, Champlin Pk	11.19	(11.1 p)
3	Fred Harris, Mahtomedi	11.21	q (11.0 p)
4	Kevin Robinson, Hill-Murray	11.41	(11.2 p)
5	Matt Reimann, Anoka	11.43	(11.2 p)
6	Kamiba Polk, Champlin Pk	11.44	(11.2 p)
7	Reuben Ndely, Coon Rpds	11.58	(11.1 p)
8	Boston Puta, Mounds View	11.71	(11.4 p)

200

1	Ricky Thomas, Champlin Pk	22.63	(23.0 p)
2	Jermaine Brown, Champlin Pk	22.68	(22.6 p)
3	Steve Lynch, White Bear Lk	23.04	(22.9 p)
4	Kris VanRanst, Tartan	23.35	(23.1 p)
5	Andy Fettig, Coon Rapids	23.44	(23.4 p)
6	Matt Reimann, Anoka	23.54	(23.3 p)
7	Kamiba Polk, Champlin Pk	23.78	(23.2 p)

400

1	Trevor Mitchell, Stillwater	49.46	** (50.1 p)
2	Nino Zezza, Mahtomedi	50.86	(50.7 p)
3	Eric Sis, Champlin Pk	51.14	(51.0 p)
4	Dan Ryan, Anoka	51.19	(51.0 p)
5	Lancer Lumby, Stillwater	51.45	(51.6 p)
6	Kyle Perrault, Coon Rapids	51.47	(52.1 p)
7	Matt Briggs, Stillwater	52.03	(51.8 p)
8	Nate O'Conner, Anoka	52.40	(52.1 p)

800

1	Dan Alstatt, Stillwater	1:59.34	(2:00.3 p)
2	Joe Nelson, Coon Rpds	1:59.84	(2:00.5 p)
3	Ryan Wold, Centennial	2:00.33	(2:00.6 p)
4	Neil Langer, Stillwater	2:00.41	(2:01.3 p)
5	Joe Whetham, Stillwater	2:01.26	(2:02.3 p)
6	Aaron Weiner, Irondale	2:01.36	(2:02.2 p)
7	Tom Hauer, Irondale	2:01.75	(2:01.6p)
8	Ryan Regnier, Centennial	2:02.31	(2:01.8 p)

1600

1	Ryan Kollman, Centennial	4:13.51	**
2	Andy Tate, Stillwater	4:15.46	
3	Luke Watson, Stillwater	4:23.06	q
4	Greg Wikelius, Stillwater	4:23.83	q
5	KeSung Anderson, Irondale	4:29.96	
6	Casey Wittmer, Coon Rpds	4:31.54	
7	Jeff Vandenberghe, Coon Rpds	4:35.52	
8	Andy Kummer, White Bear Lk	4:39.11	

3200 (hand held times)

1	Andy Tate, Stillwater	9:25.4	
2	Ryan Kollman, Centennial	9:29.5	
3	Luke Watson, Stillwater	9:30.8	q
4	John Krueger, Stillwater	9:53.4	
5	Chuck Peterson, White Bear Lk	9:55.0	
6	Casey Wittmer, Coon Rpds	9:57.2	
7	Tim Budig, Centennial	10:04.0	
8	Andy Kummer, White Bear Lk	10:09.5	

High Hurdles

1	Steve Kupcho, White Bear Lk	15.21	(15.4 p)
2	Nate Robertson, Anoka	15.54	(15.7 p)
3	Aaron Bahn, Coon Rpds	15.58	(16.0 p)
4	Dan Frette, Mounds View	15.75	(15.7 p)
5	John Floss, Irondale	16.08	(16.3 p)
6	Doug Larson, Anoka	16.32	(15.8 p)
7	Matt Logan, Stillwater	16.41	(16.3 p)
8	Ryan MeLena, Mounds View	16.71	(16.3 p)

Intermediate Hurdles

1	Aaron Bahn, Coon Rpds	39.92	(41.3 p)
2	Tim Goebel, Tartan	40.64	(41.0 p)
3	Steve Kupcho, White Bear Lk	41.33	(42.1 p)
4	Dan Frette, Mounds View	41.75	(42.0 p)
5	Joe Ward, Champlin Pk	41.95	(41.9 p)
6	Nate Robertson, Anoka	42.26	(42.5 p)
7	Doug Larson, Anoka	42.41	(42.2 p)
8	Lofth Fahssi, Champlin Pk	42.91	(42.1 p)

4x100 Relay

1	Tartan	43.53	
2	Champlin Park	43.68	q
3	Anoka	43.97	
4	Mahtomedi	44.13	
5	Mounds View	44.14	
6	White Bear Lake	44.31	
7	Coon Rapids	44.37	
8	North St Paul	45.24	

4x400 Relay

1	Stillwater	3:23.86	
2	Mahtomedi	3:26.04	q
3	Mounds View	3:27.97	
4	Anoka	3:28.69	
5	Champlin Park	3:32.28	
6	Irondale	3:34.96	
7	Centennial	3:35.03	
8	North St Paul	3:35.08	

Sprint Medley Relay

1	Stillwater	3:40.27	
2	Mounds View	3:44.42	
3	Mahtomedi	3:44.43	
4	Anoka	3:44.53	
5	Blaine	3:46.08	
6	Coon Rapids	3:46.39	
7	Champlin Park	3:47.24	
8	Tartan	3:49.56	

* Ties Meet Record

** New Meet Record

q = qualified for state by standard

Shot Put

1	Andy Agrimson, Stillwater	55-0 ¾	
2	Ben Sobieski, Mahtomedi	54-9 ½	
3	Nick Eisinger, Anoka	52-1 ½	q
4	Joe Palke, Mounds View	51-1 ¾	q
5	Akeem Akinwale, Coon Rpds	49-11 ½	
6	Mike Dolezal, Mahtomedi	49-2	
7	Nate Scheuer, Blaine	48-5	
8	Isaac Manke, North St Paul	46-5 ½	

Discus Throw

1	John Schlect, White Bear Lk	168-1	
2	Jason Thompson, Centennial	158-7	
3	Ben Sobieski, Mahtomedi	156-11	q
4	Nick Eisinger, Anoka	144-10	
5	Phil Hoskins, Tartan	144-1	
6	Terry Clancy, White Bear Lake	137-8	
7	Joe Palke, Mounds View	136-10	
8	Eric Wirz, Anoka	136-8	

Long Jump

1	Adam Runk, Stillwater	21-11 ½	
2	Jeff Schmidt, Champlin Park	21-9 ¼	
3	Steve Lynch, White Bear Lk	21-8	q
4	Fred Harris, Mahtomedi	21-3	
5	Steve Kupcho, White Bear Lk	21-2 ¾	
6	Ralph Johnson, Blaine	21-1	
7	Ian Haas, Anoka	20-11 ¼	
8	Seth Anderson, Mounds View	20-6	

Triple Jump

1	Seth Anderson, Mounds View	46-5 ¼	
2	Erik Werner, Irondale	43-10	
3	Ryan Wood, SLP/SA	43-3 ¾	
4	Steve Kupcho, White Bear Lk	42-11 ½	
5	Chris Sellers, SLP/SA	42-8 ¾	
6	Andy Kasun, Stillwater	42-5	
7	Reondo Davis, Blaine	42-0	
8	Niddish Khondowe, Mounds View	41-10 ¾	

High Jump

1	Jason Irsfeld, Mahtomedi	6-7	
2	Stew Taylor, Mahtomedi	6-5	
3	Jeff Schmidt, Champlin Pk	6-3	
3	Tom Bauer, Champlin Pk	6-3	
5	Adam Runk, Stillwater	6-3	
6	Mark Johnson, Coon Rapids	6-3	
7	Mark Oswald, White Bear Lk	6-3	
8	Erik Werner, Irondale	6-3	

Pole Vault

1	Tim Koupal, Anoka	14-7 **	
2	Bob Cahow, Irondale	12-8	
3	Brian Schaffer, Irondale	12-8	
4	Nic Barrett, Stillwater	12-8	
5	Matt Boyer, Stillwater	12-2	
6	Peter Koski, SLP/SA	11-8	
7	Steve Mandel, Stillwater	11-8	
8	Ryan Brandenburg, Anoka	11-8	

Notes: