

1996 Section 5A Championship

Teams: Sartell 66 1/3, Holdingford 64, Melrose 59, Big Lake 51, New London-Spicer 48 1/3, Delano 45, Annandale 37, St Cloud Cathedral 37, Becker 34, Foley 34, Albany 26 1/3, Pierz 24, St Michael-Albertville 23, Atwater-Cosmos/GC 18, Paynesville 16, Litchfield 15, Dassel-Cokato 13, Glencoe-Silver Lake 11, Eden Valley-Watkins/K 7, Milaca 6, Belgrade-Broten/Eirosa 5, Winsted Holy Trinity 5, Watertown-Mayer 4, BL/H/MW 3, Lester Prairie 2.

100

1 Imholte, SC Cathedral	11.37 w
2 Barth, Melrose	11.41
3 Sieben, Melrose	11.44
4 Radke, Big Lake	11.54
5 Gregerson, Sartell	11.57
6 Cunningham, St Michael-A	11.67
7 Keger, Lester Prairie	11.87

200

1 C. Barth, Melrose	22.79
2 Virnig, Pierz	23.02
3 Sieben, Melrose	23.22
4 Peterson, Sartell	23.59
5 Sunde, New London-S	23.72
6 Bernick, Delano	23.76
7 Helzen, Becker	23.96
8 Green, SC Cathedral	24.82

400

1 C. Barth, Melrose	50.86
2 T. Sunde, New London-S	52.23
3 C. Vossen, St Michael-A	52.86
4 M. Helzen, Becker	53.16
5 T. Berthiaume, Becker	53.63
6 D. Stelton, Annandale	53.78
7 C. Belling, Belgrade-B-E	53.82
8 L. Tomlinson, Big Lake	54.06

800

1 Miller, New London-S	1:59.14
2 Mielke, Annandale	2:00.17
3 Smock, Big Lake	2:02.34
4 Weihrauch, Sartell	2:03.18
5 Loehlein, Sartell	2:06.10
6 Goebel, Belgrade-B-E	2:06.94
7 Dahlstrom, Milaca	2:07.57
8 Rohman, Foley	2:08.25

1600

1 S. Renneberg, Holdingford	4:31.36
2 A. Virnig, Pierz	4:36.07
3 J. Goebel, Melrose	4:37.32
4 B. Doboszanski, Delano	4:40.67
5 E. Dahlstrom, Milaca	4:40.94
6 D. Johnson, Paynesville	4:41.54
7 B. Wiener, Sartell	4:44.48
8 J. Popp, Foley	4:47.75

3200

1 C. Goebel, Albany	10:08.??
2 Foss, Glencoe/SL	10:09.25
3 Renneberg, Holdingford	10:21.86
4 Wood, St Michael-A	10:24.77
5 Hubbard, Becker	10:28.47
6 Westholter, Big Lake	10:28.67
7 J. Goebel, Melrose	10:40.55
8 Grams, Glencoe/SL	10:42.58

High Hurdles

1 Dille, Litchfield	15.36
2 Manion, Big Lake	15.49
3 Kunstleben, Holdingford	15.52
4 Kieffer, Foley	15.86
5 Rudenick, Delano	16.03
6 Casey, Dassel-C	16.56
7 Wetherbee, Sartell	16.99
8 Wertish, BL/H/MW	17.40

Intermediate Hurdles

1 J. Kunstleben, Holdingford	39.40 **
2 A. Virnig, Pierz	39.50
3 C. Rudenick, Delano	41.54
4 N. Dille, Litchfield	41.57
5 M. Potter, St Michael-A	42.17
6 G. Bowden, Paynesville	42.38
7 J. Wertish, BL/H/MW	42.74
8 D. Schroeder, Atwater-C/GC	42.78

4x100 Relay

1 SC Cathedral (D. Hoefs, J. Green, M. Heidan, T. Imholte)	45.20
2 Sartell	45.39
3 Annandale	45.57
4 Becker	46.23
5 Watertown-Mayer	46.47
6 Delano	46.90

4x400 Relay

1 New London-Spicer (Danielson, Sunde, Knudsen, Miller)	3:28.28
2 Paynesville	3:30.25
3 Sartell	3:30.68
4 St Michael-A	3:35.89
5 Big Lake	3:37.52
6 Holdingford	3:38.49
7 Delano	3:41.06
8 Glencoe-SL	3:50.87

Sprint Medley Relay

1 New London-Spicer (Thompson, Caskey, Danielson, Miller)	3:39.04
2 Big Lake	3:39.34
3 Albany	3:44.24
4 Paynesville	3:46.74
5 Sartell	3:47.04
6 Delano	3:48.34
7 Foley	3:49.04
8 Glencoe/SL	4:10.2

Shot Put

1 Althoff, Delano	52-4
2 Pankzke, Sartell	51-1 ¼
3 Brezinka, Pierz	49-11 ½
4 Duevel, Holdingford	47-1 ½
5 Swanson, Foley	46-0 ¾
6 Legatt, Sartell	45-8 ¼
7 Postumus, Becker	45-7 ¼
8 Novak, Foley	45-2 ¾

Discus Throw

1 Gruys, Annandale	159-7
2 Nyquist, Dassel-C	156-7
3 Novak, Foley	149-2
4 Postumus, Becker	140-4
5 Severtson, Atwater-C-GC	139-8
6 Duevel, Holdingford	135-0
7 Brezinka, Pierz	133-10
8 Pankzke, Sartell	131-10

Long Jump

1 Imholte, Cathedral	20-8 ¾
2 Vos, Albany	20-3
3 Lachmansingh, Annand	20-1 ½
4 Lamb, Atwater-C-GC	20-1
5 Trisco, Becker	19-8 ¾
6 Kunstleben, Holdingford	19-4 ½
7 Knutson, New London-S	19-1 ½
8 Cruz, Melrose	19-0 ½

Triple Jump

1 J. Kunstleben, Holdingford	42-11 ½
2 R. Manion, Big Lake	42-7 ¾
3 J. Green, Cathedral	42-6 ½
4 M. Fynboh, Holy Trinity	42-6 ½
5 A. Krych, Holdingford	41-9 ¾
6 S. Hoag, Atwater-C/GC	41-2 ½
7 C. Aho, Dassel-C	41-0
8 A. Sagedahl, New London-S	40-0 ¾

High Jump

1 Wrightson, Sartell	6-8 ¼ **
2 Trisco, Becker	6-5
3 Kieffer, Foley	6-5
4 Rierson, Atwater-C/GC	6-3
5 Arnold, EVWK	6-3
6 Haag, EVWK	6-3
7 Gaebel, Albany	5-11
8 Smoley, Sartell; Salzl, Albany; & Jansen, New London	5-11

Pole Vault

1 B. Sieben, Melrose	14-1 ¼ **
2 B. Swartz, Sartell	13-0
3 R. Jurek, Foley	13-0
4 J. Workman, Delano	12-6
5 J. Woyke, Annandale	12-6
6 D. Madden, Delano	12-6
7 W. Frisbee, Foley	12-6
8 C. Rudenick, Delano	12-6

* Ties Meet Record

** New Meet Record

Notes: