

# 1996 Section 7AA Championship at U of Mn. Duluth, May 29 & June 1, 1996

## Teams:

### 100

1 Matt Taylor, Duluth East	11.39
2 Joe Ferraro, Forest Lake	11.49
3 Eric Farnum, Cambridge	11.53
4 Matt Nelson, Chisago Lakes	11.61
5 Will Norholm, Cambridge	11.70
6 Erik Myhrman, Denfeld	11.71
7 Jerry Hilger, Forest Lake	11.80
8 Greg Koecher, Duluth East	11.85

### 200

1 Joe Ferraro, Forest Lake	23.26
2 Matt Nelson, Chisago Lakes	23.41
3 Rob Reetz, Forest Lake	23.60
4 Eric Farnum, Cambridge	23.62
5 Ryan Pohl, Duluth East	23.87
6 Jake Pukosky, St. Francis	23.92
7 Jarrett McDonald, Cambridge	34.32
- Will Norholm, Cambridge	DQ

### 400

1 Boyd Burke, St Francis	50.46
2 Erik Schmeckpeper, Forest Lake	50.64
3 Jon Eichten, Chisago Lakes	52.36
4 Eric Hennessey, Proctor	52.66
5 Don Severson, Duluth East	52.72
6 Isaac Enz, Forest Lake	53.24
7 Ben Johnson, Duluth East	53.41
8 Russ Reetz, Forest Lake	54.04

### 800

1 Brent Neveau, Denfeld	1:58.66
2 Justin Stoltman, St Francis	1:58.83
3 Steve Henderson, Cambridge	1:59.26
4 Zach Miller, Duluth Central	2:00.02
5 Mike Brown, North Branch	2:00.32
6 Dan Blasyck, Cloquet	2:01.27
7 Dan Gregorich, Hastings	2:02.55
8 Eric Engesser, Grand Rapids	2:02.84

### 1600

1 Jeremy Polson, Denfeld	4:14.36
2 Nic Matack, Duluth East	4:19.69
3 Chris Anderson, Chisago Lakes	4:21.45 q
4 Eric Hartmark, Duluth East	4:22.26 q
5 Erik Kallio, Proctor	4:26.62
6 Art Czepczynski, Duluth Central	4:31.31
7 Brent Loberg, Denfeld	4:32.81
8 Dan Gregorich, Hastings	4:33.59

### 3200

1 Jeremy Polson, Denfeld	9:16.66
2 Chris Anderson, Chisago Lakes	9:25.85
3 Nic Matack, Duluth East	9:26.15 q
4 Eric Hartmark, Duluth East	9:38.26
5 Brent Loberg, Denfeld	10:01.05
6 Andy Elvester, Forest Lake	10:14.01
7 Kevin Romer-McCarthy, Denfeld	10:18.28
8 Peter Johnson, Duluth East	10:18.53

### High Hurdles

1 Derek Sykes, North Branch	15.56
2 Rob Hurst, Grand Rapids	16.02
3 Ryan McKibbon, Proctor	16.24
4 Dave Olson, Cambridge	16.34
5 Aaron Scanlon, Proctor	16.52
6 Jeff Nyborg, Chisago Lakes	16.79
7 Kurt Schoonover, Forest Lake	16.80
8 Mark Lickteig, Grand Rapids	16.82

### Intermediate Hurdles

1 Nate Hedtke, Duluth East	40.61
2 Ryan McKibbon, Proctor	41.70
3 Mark Lickteig, Grand Rapids	42.47
4 Dave Olson, Cambridge	42.55
5 David Morisset, Princeton	42.59
6 Aaron Scanlon, Proctor	43.24
7 Rob Hurst, Grand Rapids	43.61
8 Kurt Schoonover, Forest Lake	48.12

### 4x100 Relay

1 Forest Lake	44.52
2 Cambridge	44.84
3 Duluth East	45.85
4 North Branch	46.11
5 Duluth Central	46.12
6 Princeton	46.47
7 Grand Rapids	46.88
8 St Francis	47.08

### 4x400 Relay

1 St Francis	3:30.09
2 Duluth East	3:31.39
3 Denfeld	3:31.47
4 Duluth Central	3:33.56
5 North Branch	3:35.45
6 Chisago Lakes	3:35.66
7 Proctor	3:37.00
8 Grand Rapids	3:41.28

### Sprint Medley Relay

1 St Francis	3:36.90
2 Duluth East	3:37.82
3 Duluth Denfeld	3:47.74
4 Cambridge	3:48.98
5 Chisago Lakes	3:49.51
6 Proctor	3:52.25
7 Forest Lake	3:56.30
8 Princeton	3:57.70

### Shot Put

1 Mark Fahey, Forest Lake	57-0 ½
2 Aaron Johnson, Cloquet	53-7 ½
3 Rob Blaeymeyer, Forest Lake	51-7 ½ q
4 Dave Espelien, Forest Lake	49-3 ½
5 Tom Debeltz, Virginia	47-10 ½
6 Brian Jones, St Francis	47-2 ½
7 Shawn Matteson, Grand Rapids	47-0
8 Fred Haines, Chisago Lakes	44-4
8 Roy Kollar, Princeton	44-4

### Discus Throw

1 Aaron Johnson, Cloquet	167-3
2 Mark Fahey, Forest Lake	166-8
3 Brian Jones, St Francis	145-0
4 Tom Debeltz, Virginia	142-11
5 Dave Espelien, Forest Lake	142-5
6 Rob Blaeymeyer, Forest Lake	141-11
7 Erich Emmerich, Princeton	141-1
8 Eric Nephew, Proctor	138-1

### Long Jump

1

### Triple Jump

1 Troy Rasch, Hibbing	43-8 ½
2 Peter Bird, Grand Rapids	43-5 ½
3 Cam Stottler, Forest Lake	42-11
4 Dave Perrault, Duluth East	42-5 ¼
5 Shane Maefsky, Forest Lake	41-6
6 Nick Warhol, St Francis	41-3 ¼
7 Jon Eichten, Chisago Lakes	40-5 ¾
8 Courtney Smith, North Branch	40-5 ½

### High Jump

1 Matt Schroeder, Grand Rapids	6-3
2 Matt England, Princeton	6-3
3 Mike Bjerkness, Cloquet	6-0
4 Pete Nelson, Forest Lake	6-0
5 Derek Sykes, North Branch	5-10
5 Mike Pavlich, Cloquet	5-10
5 Nate Anacker, Hibbing	5-10
5 Eric Albrecht, Hibbing	5-10

### Pole Vault

1

\* Ties Meet Record

\*\* New Meet Record

q = qualified for State by standard

## Notes: