

# 1996 Region 8AA Championship at Rocori, June 1, 1996

**Teams:** Alexandria 120, Moorhead 93, St Cloud Tech 77, Brainerd 71, Elk River 53, Detroit Lakes 51, Little Falls 37, Bemidji 35, Fergus Falls 34, Sauk Rapids 34, St Cloud Apollo 33, Rocori 13, Thief River Falls 12

## 100

1 Ryan Buttenhof, SC Tech	11.17
2 Beau Rothschadl, Moorhead	11.23
3 Lyle Svendsen, Brainerd	11.39
4 Dennis Kelasch, Elk River	11.56
5 John Connell, Rocori	11.57
6 Jason Stein, Moorhead	11.58
7 Stuart Senden, Alexandria	11.76
8 Jason Weiss, SC Apollo	11.80

## 200

1 Craig Fredrickson, Detroit Lakes	22.89
2 John Person, Elk River	23.02
3 Beau Rothschadl, Moorhead	23.03
4 Aaron Theis, SC Tech	23.65
5 Dennis Kelasch, Elk River	23.72
6 Ryan Noyes, Rocori	23.73
7 Kevin Drake, Brainerd	23.89
8 John Connell, Rocori	23.92

## 400

1 John Person, Elk River	50.48
2 Matt Raml, SC Apollo	50.85
3 Jacob White, Alexandria	51.34
4 Ryan Noyes, Rocori	51.75
5 Kyle Nelson, Thief River Falls	52.15
6 Cory Woodland, Bemidji	52.71
7 Micah Benson, Moorhead	52.75
8 Grant Olson, Alexandria	53.05

## 800

1 Dominic Ewers, SC Tech	2:01.68
2 Aaron Feia, Little Falls	2:02.10
3 Jeff Gesell, Alexandria	2:02.15
4 Adam Randall, Elk River	2:04.05
5 Brian Jones, Alexandria	2:04.35
6 Brian Asker, Brainerd	2:04.92
7 Mike Wittrock, Moorhead	2:05.15
8 David Jones, Thief River Falls	2:05.55

## 1600

1 Dominic Ewers, SC Tech	4:25.39
2 Chris Rogers, Moorhead	4:26.29
3 Jon Borden, Alexandria	4:38.50
4 Adam Randall, Elk River	4:41.37
5 Matt Tuil, Alexandria	4:43.94
6 Erik Leroy, Fergus Falls	4:44.57
7 Peter Stewart, Elk River	4:45.44
8 Zach Deshayes, Little Falls	4:47.74

## 3200

1 Kori Kuhn, Brainerd	9:47.88
2 Chris Rogers, Moorhead	9:49.72
3 Andy Cavers, Alexandria	9:58.66
4 Steve Lalim, Little Falls	10:00.46
5 Bill Eve, Elk River	10:22.05
6 Wes Belanger, Elk River	10:22.92
7 Luke Mullranin, Bemidji	10:24.92
8 Chris Raabe, Sauk Rapids	10:30.86

## High Hurdles

1 Craig Fredrickson, Detroit Lakes	14.46
2 Matt Young, Moorhead	14.89
3 Mike Luedtke, Alexandria	15.26
4 Justin Gall, Moorhead	15.56
5 Mike Burke, Brainerd	15.93
6 Peter Lucca, SC Tech	15.99
7 Chuck Carlson, Brainerd	16.19
8 Dave Bessinglass, Alexandria	16.46

## Intermediate Hurdles

1 Craig Fredrickson, Detroit Lakes	39.86
2 Matt Young, Moorhead	40.67
3 Jeremy Geisel, Sauk Rapids	40.70
4 Eric Ward, Brainerd	41.67
5 Nate Skoglund, Little Falls	41.91
6 Matt McAlpine, Elk River	42.20
7 Aaron Crowser, Alexandria	42.40
8 Justin Gall, Moorhead	42.40

## 4x100 Relay

1 Moorhead	43.55
2 St Cloud Tech	44.02
3 Brainerd	44.07
4 St Cloud Apollo	44.67
5 Little Falls	45.71
6 Bemidji	46.68
7 Detroit Lakes	47.01
8 Fergus Falls	48.11

## 4x400 Relay

1 St Cloud Tech	3:27.95
2 Alexandria	3:30.66
3 Elk River	3:33.79
4 Moorhead	3:36.43
5 Little Falls	3:37.76
6 Brainerd	3:38.53
7 Thief River Falls	3:41.03
8 Fergus Falls	3:42.60

## Sprint Medley Relay

1 Little Falls	3:39.83
2 Alexandria	3:40.23
3 St Cloud Apollo	3:44.57
4 Moorhead	3:48.61
5 Bemidji	3:49.75
6 Fergus Falls	3:54.45
7 Brainerd	3:58.09
- Sauk Rapids	DQ

## Shot Put

1 Justyn Johnson, Alexandria	52-0 ¼
2 Jason Drouillard, Fergus Falls	49-6
3 Doug Schultz, Alexandria	48-6
4 Nick Bruns, SC Tech	48-6
5 Don Whirley, Brainerd	48-5 ½
6 Chris Patullo, Elk River	48-4
7 Brian Yavarow, Bemidji	47-9 ¼
8 Aaron Asselin, SC Tech	47-6 ½

## Discus Throw

1 Jason Drouillard, Fergus Falls	147-3
2 Tim Larson, Sauk Rapids	143-0
3 Rob Jessen, Brainerd	142-3
4 Matt Thompson, Alexandria	138-0
5 Doug Schultz, Alexandria	137-6
6 Andy Nelson, SC Tech	136-2
7 Mark Schultz, Sauk Rapids	135-1
8 Eric Samuelson, Bemidji	131-3

## Long Jump

1 Erik Baker, SC Apollo	21-11 ¾
2 Mike Luedtke, Alexandria	21-8 ½
3 Micah Benson, Moorhead	21-6 ¾
4 Ryan Buttenhoff, SC Tech	21-4 ¾
5 Cory Woodland, Bemidji	20-5 ¼
6 Stuart Senden, Alexandria	20-3 ½
7 Wade Lewandowski, Detroit Lks	20-0 ¼
8 Greg Kapsner, Little Falls	20-0

## Triple Jump

1 Cory Woodland, Bemidji	43-10
2 Mike Luedtke, Alexandria	43-9
3 Cory Kludt, Alexandria	41-11
4 Wade Lewandowski, Detroit Lks	41-6
5 Ryan Binder, Bemidji	41-5
6 Brian Rassier, SC Apollo	40-9 ½
7 Justin Gall, Moorhead	40-7
8 Jay Sykes, Elk River	40-4

## High Jump

1 Matt Janssen, Brainerd	6-5
2 Craig Anderson, Brainerd	6-3
3 Craig Fredrickson, Detroit Lakes	6-3
4 Kris Collins, Alexandria	6-3
5 Micah Benson, Moorhead	6-1
6 Peter Lucca, SC Tech	6-1
7 Ryan Swanson, Thief River Falls	5-11
8 Jason Henry, Moorhead	5-11

## Pole Vault

1 Jeremy Geisel, Sauk Rapids	13-0
2 Troy Erickson, Little Falls	13-0
3 Peter Kedrowski, Sauk Rapids	12-6
4 Adam Estenson, Alexandria	12-6
5 Tony Ewers, SC Tech	12-6
6 Nick Dee, Thief River Falls	11-6
7 William Hammon, Bemidji	11-6
8 Jason Henry, Moorhead	11-0

**Notes:**