

1976 Big 9 Conference Championships

Team Scores

1 John Marshall	129	6 Winona	56
2 Mayo	100	7 Owatonna	52
3 Albert Lea	87	8 Mankato West	25
4 Red Wing	71	9 Faribault	22
5 Mankato East	62	10 Austin	16

100 Yard Dash

1 Johnson	Red Wing	00:10.3
2 Grassle	John Marshall	00:10.4
3 Donnally	Red Wing	00:10.5
4 Cerrato	Albert Lea	00:10.5
5 Eppard	Mayo	00:10.6
6 Koring	Faribault	00:10.6

One Mile Run

1 Trautmann	Winona	04:24.0
2 Huus	Mayo	04:26.4
3 Steck	Mankato West	04:27.8
4 Shapper	Mankato East	04:28.4
5 Broze	Red Wing	04:34.1
6 Langer	Owatonna	04:36.0

220 Yard Dash

1 Simunds	Albert Lea	00:22.8
2 Clift	Albert Lea	00:22.9
3 Grassle	John Marshall	00:23.0
4 Halverson	Owatonna	00:23.1
5 Douvillard	Faribault	00:23.2
6 Koring	Faribault	00:23.3

Two Mile Run

1 Ness	John Marshall	09:38.2
2 Idstrom	Owatonna	09:39.6
3 Kramer	John Marshall	09:41.3
4 Anderson	Mankato East	09:51.0
5 Waltz	Mayo	09:56.9
6 Veith	Red Wing	10:01.1

440 Yard Dash

1 Simunds	Albert Lea	00:49.6
2 Sattler	Austin	00:50.9
3 Emanuel	Winona	00:51.8
4 Thomas	John Marshall	00:52.0
5 Wignes	Winona	00:52.2
6 Theim	Mankato West	00:52.8

120 Yard High Hurdles

1 King	John Marshall	00:14.9
2 Voth	Red Wing	00:15.6
3T Schwartz	Faribault	00:15.9
3T Rinde	Mayo	00:15.9
5 Swancutt	Mayo	00:16.0
6 Rothering	Winona	00:16.1

880 Yard Run

1 Theim	Mankato West	01:58.7
2 DiMagno	Mayo	01:59.7
3 Noyce	Owatonna	02:00.2
4 Aeling	Winona	02:00.4
5 Gilbertson	Austin	02:00.7
6 Wendorff	Albert Lea	02:03.2

180 Yard Low Hurdles

1 Schwartz	Faribault	00:20.2
2 King	John Marshall	00:20.6
3 Rinde	Mayo	00:21.0
4 Schultz	Mankato East	00:21.4
5 Voth	Red Wing	00:21.8
6 Curry	Albert Lea	00:21.9

4x220 Yard Relay

1	John Marshall	01:31.3
2	Albert Lea	01:31.8
3	Red Wing	01:32.7
4	Owatonna	01:32.8
5	Faribault	01:33.4
6	Austin	01:34.6

Distance Medley Relay

1	Mayo	10:27.0 **
2	John Marshall	10:35.0
3	Owatonna	10:44.6
4	Winona	10:56.5
5	Albert Lea	11:09.0
6	Red Wing	11:11.6

4x440 Yard Relay

1	Red Wing	03:23.3
2	Albert Lea	03:23.5
3	John Marshall	03:24.1
4	Mayo	03:25.6
5	Winona	03:27.8
6	Owatonna	03:28.1

Sprint Medley Relay

1	John Marshall	03:32.1	**
2	Mayo	03:33.1	
3	Albert Lea	03:38.2	
4	Owatonna	03:40.4	
5	Winona	03:42.2	
6	Austin	03:46.4	

Long Jump

1	Stark	Mankato East	20-06.50
2	Burke	Winona	20-02.00
3	Johnson	Red Wing	20-00.75
4	Rake	Albert Lea	19-08.75
5	Sherden	John Marshall	19-07.50
6	Keloc	Owatonna	19-07.00

Pole Vault

1	Frye	John Marshall	12-09.00
2	Pavel	Mankato West	12-06.00
3	Hatchett	Mayo	12-06.00
4	Peterson	Mankato East	12-00.00
5	Donnally	Red Wing	11-06.00
6	Mike Schwenker	John Marshall	11-06.00

Triple Jump

1	Willson	Mankato East	45-07.75	**
2	Stark	Mankato East	42-08.00	
3	Kraft	Mayo	40-07.00	
4	Linnes	John Marshall	40-01.75	
5	Burke	Winona	40-01.75	
6	Voth	Red Wing	39-10.00	

Shot Put

1	Fitzpatrick	Mayo	53-11.00
2	Blanshan	Mankato East	53-08.00
3	Brown	Winona	52-07.00
4	Kubat	Owatonna	51-05.00
5	Wyatt	John Marshall	51-03.00
6	Palmer	Albert Lea	49-09.00

High Jump

1	Stark	Mankato East	6-05.00
2	Voth	Red Wing	6-05.00
3	Burke	Winona	6-02.00
4	Cuff	Austin	6-00.00
5	Nolan	John Marshall	5-10.00
6	Riese	John Marshall	5-10.00

Discus Throw

1	Fitzpatrick	Mayo	147-04
2	Palmer	Albert Lea	142-05
3	Lacher	Owatonna	141-06
4	Mark Schwenker	John Marshall	137-00
5	Middlestadt	Albert Lea	135-08
6	Scott	Winona	135-03