

## 1983 Lake Conference Meet - May 20, 1983 at Minnetonka High School

There were no team scores kept. This meet was held as a showcase for the Conference athletes. The Lake Conference determined the Conference Team Champion by dual meet records from 1973 thru 1986. There was no Lake Conference Meet held 1978-1980.

### Discus

- 1 Mark Mendel, Wayzata 155-9
- 2 David Klein, Wayzata 150-10
- 3 Darren Johnson, Osseo 147-4
- 4 Nathan Foystek, Park Center 144-0
- 5 Larry Hartman, St. Louis Park 142-9
- 6 Mike Herron, Hopkins 142-4

### Shot

- 1 Mark Mendel, Wayzata 55-10
- 2 David Klein, Wayzata 54-11
- 3 Larry Hartman, St. Louis Park 54-10
- 4 Keith Christenson, St. Louis Park 51-6
- 5 Mark Schroer, Minnetonka 51-6
- 6 Scott Ruegemer, Osseo 51-2

### High Jump

- 1 Jay Adams, Edina 6-6
- 2 Tyrone Farley, Edina 6-5
- 3 Tim Gallagher, Armstrong 6-4
- 4 Bob Flett, Osseo 6-4
- 4 Matt Baldwin, Hopkins 6-4
- 6 Grant Kersten, Hopkins 6-4

### Pole Vault

- 1 Dave Anderson, St. Louis Park 13-6
- 2 Marty Prow, Burnsville 13-0
- 3 Chad Nelson, Kennedy 12-6
- 4 Mike Haley, Kennedy 12-6
- 4 Darryl Wesloh, Park Center 12-0
- 6 Steve Sandberg, Burnsville 12-0

### Long Jump

- 1 Gary Pegues, Park Center 21-0.25
- 2 Steve Bordeau, St. Louis Park 20-7
- 3 Willis Jacox, Kennedy 20-3
- 4 Bob Moore, Wayzata 19-10.25
- 5 Pat Mulqueeny, Hopkins 19-10.25
- 6 Jim Burke, Jefferson 19-4

### Triple Jump

- 1 Gary Pegues, Park Center 43-3.75
- 2 Mike Hesse, Wayzata 43-1.5
- 3 Bob Moore, Wayzata 42-6
- 4 Jim Burke, Jefferson 41-10
- 5 Tim Younger, Jefferson 41-4
- 6 Steve Higgs, Burnsville 40-6.25

### 4x800 Relay

- 1 Jefferson 8:02.4 (Peterson, Bertch, Conway, Scott)
- 2 Osseo 8:06.2
- 3 Edina 8:8:13.2
- 4 Minnetonka 8:21.2
- 5 Wayzata 8:22.0
- 6 St. Louis Park 8:25.9

### 110 Meter High Hurdles

- 1 Kevin Constable, Hopkins 14.7
- 2 Jay Adams, Edina 14.9
- 3 Chris Moe, Richfield 15.3
- 4 Bill Singer, Fridley 15.3
- 5 Gary Pegues, Park Center 15.4
- 6 Tyrone Farley, Edina 15.6

### 100 Meter Dash

- 1 Jason Bruce, Burnsville 11.2
- 2 Jim Heinzen, Hopkins 11.3
- 3 Troy Hirdler, Kennedy 11.4
- 4 Mark Montague, Cooper 11.4
- 5 Willis Jacox, Kennedy 11.4
- 6 Dave Hamer, Fridley 11.5

### 1600 Sprint Medley Relay

- 1 Wayzata 3:38.4 (Franzen, Weil, Blume, C. Maxwell)
  - 2 Armstrong 3:39.9
  - 3 Jefferson 3:41.4
  - 4 Cooper 3:43.6
  - 5 Minnetonka 3:43.6
  - 6 Edina 3:43.8
- ### 1600 Meter Run
- 1 Paul Gisselquist, Richfield 4:23.2
  - 2 Carson Hoeft, Armstrong 4:23.5
  - 3 Bob Kempainen, Hopkins 4:23.7
  - 4 Jim Conway, Jefferson 4:28.4
  - 5 Lars Erickson, Kennedy 4:28.4
  - 6 Jim Scott, Jefferson 4:30.5

### 4x100 Meter Relay

- 1 Cooper 43.1 (Hammarstodt, Caswell, Baier, Montague)
- 2 Kennedy 43.3
- 3 Hopkins 44.5
- 4 Minnetonka 44.6
- 5 Osseo 44.9
- 6 Armstrong 45.3

### 400 Meter Dash

- 1 Jim McGlade, Richfield 50.1
- 2 Kent Blackowiak, Minnetonka 51.0
- 3 Daryl Zachary, Jefferson 51.7
- 4 Mark Stricker, Minnetonka 51.8
- 5 Steve Kane, Edina 51.9
- 6 John Layman, Kennedy 52.1

### 300 Meter Intermediates

- 1 Jay Adams, Edina 38.9
- 2 Bill Singer, Fridley 39.8
- 3 Greg Ryter, St. Louis Park 40.3
- 4 Scott Elden, Minnetonka 41.1
- 5 Don Wagner, Armstrong 41.1
- 6 Chris Moe, Richfield 41.5

### 800 Meter Run

- 1 Mike Striefel, Armstrong 1:57.8
- 2 Jamie Keelin, Burnsville 1:58.3
- 3 Kurt Almquist, Wayzata 2:00.0
- 4 Greg Richards, Edina 2:00.8
- 5 Dan McEnery, Jefferson 2:02.3
- 6 Brent Rosenberger, Minnetonka 2:03.0

### 200 Meter Dash

- 1 Jason Bruce, Burnsville 22.2
- 2 Mark Montague, Cooper 22.3
- 3 Ken VanOverbeke, Kennedy 22.6
- 4 Jim McGlade, Richfield 22.6
- 5 Mark Fuerstenberg, Osseo 23.1
- 6 Dave Hamer, Fridley 23.2

### 3200 Meter Run

- 1 Andy Bahn, Osseo 9:29.3
- 2 Mike Hanson, Minnetonka 9:37.9
- 3 Wright Laufenberg, Hopkins 9:39.6
- 4 Darren Diedrich, Kennedy 9:40.5
- 5 Bruce Wallace, Burnsville 9:40.5
- 6 Bill Bach, Kennedy 9:48.0

### 4x400 Meter Relay

- 1 Kennedy 3:25.7 (Henry, Eikaus, Laymon, Stevens)
- 2 Wayzata 3:27.1
- 3 Edina 3:27.7
- 4 Minnetonka 3:29.0
- 5 Hopkins 3:30.5
- 6 Jefferson 3:31.0

### Notes: