

1984 Lake Conference Meet - May 17, 1984 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 173-9 **
- 2 Blake Hanson, Edina East 157-8
- 3 Eric Pratt, St. Louis Park 155-5
- 4 Nathan Forystek, Park Center 149-9
- 5 Larry Hartman, St. Louis Park 147-2
- 6 Jim Ginther, Minnetonka 143-3

Shot

- 1 Larry Hartman, St. Louis Park 57-0.5
- 2 Fred Bolstad, Richfield 53-3
- 3 Scott Eid, Minnetonka 53-1
- 4 Kevin Hansen, Richfield 52-5.5
- 5 Mark Mendel, Wayzata 52-4.25
- 6 Jim Ginther, Minnetonka 52-1.75

High Jump

- 1 Matt Baldwin, Hopkins 6-6
- 2 Jeff Zellmer, Kennedy 6-4
- 3 Mike Hesse, Wayzata 6-2
- 4 Jon Bodin, Armstrong 6-2
- 5 Bruce Kranig, Burnsville 6-2
- 6 Dan Kellogg, Minnetonka 6-0
- 6 Matt Watson, Jefferson 6-0

Pole Vault

- 1 Jim Lim, Edina 13-0
- 2 Mike Haley, Kennedy 13-0
- 3 Marty Prow, Burnsville 12-6
- 4 Kurt Winthieser, Minnetonka 12-6
- 5 Tim Walker, Wayzata 12-6
- 6 Steve Sandberg, Burnsville 12-6

Long Jump

- 1 Steve Bordeau, St. Louis Park 21-8.5 **
- 2 Matt Vought, Cooper 19-11.5
- 3 Steve Higgs, Burnsville 19-9
- 4 Pat Mulqueeny, Hopkins 19-6
- 5 Damian Rouson, Burnsville 19-4.5
- 6 Jeff Kasel, Hopkins 19-0.5

Triple Jump

- 1 Mike Hesse, Wayzata 44-5 **
- 2 Mark Mooney, Armstrong 43-0
- 3 Greg Williams, Armstrong 42-6
- 4 Steve Higgs, Burnsville 41-8
- 5 Eric Witbeck, Cooper 41-6
- 6 Jim Younger, Jefferson 41-3

4x800 Relay

- 1 Armstrong 7:59.5 **
- 2 Edina 8:18.1
- 3 Wayzata 8:20.4
- 4 Kennedy 8:24.0
- 5 Cooper 8:33.4
- 6 Minnetonka 8:33.8

110 Meter High Hurdles

- 1 Craig Huelskoetter, Burnsville 15.32
- 2 Tyrone Farley, Edina 15.33
- 3 John Lurie, St. Louis Park 15.34
- 4 Jim Younger, Jefferson 15.35
- 5 Bruce Kronig, Burnsville 16.06

100 Meter Dash

- 1 Jason Bruce, Burnsville 10.9 **
- 2 Jim Heinzen, Hopkins 11.0
- 3 Ross Goldberg, Hopkins 11.1
- 4 Kel McDaniels, Cooper 11.2
- 5 Mark Strickler, Minnetonka 11.5
- 6 Pete Hill, Jefferson 11.6

1600 Sprint Medley Relay

- 1 Jefferson 3:32.3 **
- 2 Kennedy 3:36.1
- 3 Wayzata 3:39.2
- 4 Osseo 3:40.8
- 5 Minnetonka 3:41.1
- 6 Cooper 3:41.6

1600 Meter Run

- 1 Bob Kempainen, Hopkins 4:23.0
- 2 Jim Thies, St. Louis Park 4:27.7
- 3 Joe Bohlke, Osseo 4:29.5
- 4 John Newhouse, Minnetonka 4:33.2
- 5 Eric Riggs, Wayzata 4:35.5
- 6 Clint Baker, Burnsville 4:37.5

4x100 Meter Relay

- 1 Hopkins 43.5
- 2 Armstrong 43.6
- 3 Minnetonka 44.1
- 4 Kennedy 44.4
- 5 Edina 44.7
- 6 Cooper 45.2

400 Meter Dash

- 1 Daryl Zachary, Jefferson 49.2
- 2 Ray Spann, Edina 49.8
- 3 Dave Hamer, Fridley 50.1
- 4 Kent Blackowiak, Minnetonka 50.5
- 5 Rick Ogram, Minnetonka 51.6
- 6 Jeff Duffy, Park Center 52.0

300 Meter Intermediates

- 1 Tyrone Farley, Edina 39.9
- 2 Mike Morton, Hopkins 40.1
- 3 Jim Younger, Jefferson 40.2
- 4 Mike Swenson, Wayzata 40.3
- 5 Dan Utoft, Armstrong 41.0
- 6 John Meyer, Hopkins 41.1

800 Meter Run

- 1 John Laymon, Kennedy 1:55.2
- 2 Jim Scott, Jefferson 1:56.5
- 3 Mike Johnson, Osseo 1:56.9
- 4 Craig Weddle, Burnsville 1:57.9
- 5 Pat Dinsmore, Minnetonka 1:59.0
- 6 Jeff Oberle, Edina 2:02.3

200 Meter Dash

- 1 Jason Bruce, Burnsville 21.7 *
- 2 Dave Hamer, Fridley 22.2
- 3 Ray Spann, Edina 22.3
- 4 Al Hamilton, Jefferson 22.8
- 5 Tom Weil, Wayzata 23.0
- 6 Pete Hill, Jefferson 23.1

3200 Meter Run

- 1 Wright Laufenberg, Hopkins 9:23.3
- 2 Erik Schwab, Richfield 9:36.0
- 3 Jesse Longley, Osseo 9:36.5
- 4 Carl Brakob, Wayzata 9:43.4
- 5 Andy Babcock, Jefferson 9:46.2
- 6 Rich Scattergood, Hopkins 9:47.6

4x400 Meter Relay

- 1 Minnetonka 3:22.8 **
- 2 Jefferson 3:24.5
- 3 Wayzata 3:27.9
- 4 Edina 3:28.1
- 5 Park Center 3:30.7
- 6 Osseo 3:32.2

Notes: