

1988 Lake Red Conference Meet - May 17 at Burnsville & May 19 at Park Center

Teams: Apple Valley 155, Armstrong 83, Burnsville 79, Kennedy 71.5, Jefferson 52.5, Osseo 44, Rosemount 44, Park Center 29.

Discus

- 1 Chris Redden, Armstrong 158-10
- 2 Harry Anderson, Apple Valley 143-0
- 3 Jeremy Uzzell, Osseo 135-7
- 4 Moore, Rosemount 132-2
- 5 Christenson, Armstrong 131-4
- 6 Tom Markgraf, Osseo 130-11

Shot

- 1 Chris Redden, Armstrong 56-4.5
- 2 Harry Anderson, Apple Valley 51-11.5
- 3 Jeremy Uzzell, Osseo 48-5.5
- 4 Ted Paulson, Rosemount 47-2.25
- 5 Amon Johnson, Kennedy 46-8.75
- 6 Brian Peterson, Kennedy 46-5

High Jump

- 1 Pat Zink, Burnsville 6-5
- 2 Casey O'Brien, Apple Valley 6-4
- 3 Greg Vacua, Kennedy 6-4
- 4 Mike Zender, Jefferson 6-3
- 5 Dan Savitt, Armstrong 6-2
- 6 Mark Halvorson, Jefferson 6-2

Pole Vault

- 1 M. Christian, Kennedy 13-0
- 2 M. Revor, Apple Valley 12-0
- 3 J. Toom, Apple Valley 12-0
- 4 M. Gray, Apple Valley 12-0
- 5 J. Duerkson, Rosemount 11-6
- 6 T. Davis, Jefferson 11-0
- 6 L. Groth, Kennedy 11-0

Long Jump

- 1 Craig Rowe, Apple Valley 20-6
- 2 Todd Murray, Jefferson 19-7
- 3 Ian Curran, Apple Valley 19-7
- 4 Dan Savitt, Armstrong 19-4.5
- 5 Rod Neil, Osseo 19-2
- 6 Dave Baiel, Apple Valley 19-1

Triple Jump

- 1 Francis Crane, Osseo 43-4.5
- 2 Ian Curran, Apple Valley 42-10
- 3 Craig Rowe, Apple Valley 42-7.5
- 4 Casey O'Brien, Apple Valley 41-4.5
- 5 Jim Frye, Kennedy 39-8.75
- 5 Tom Nyberg, Armstrong 39-7.25

4x800 Relay

- 1 Armstrong 8:05.5
- 2 Apple Valley 8:15.2
- 3 Kennedy 8:16.9
- 4 Burnsville 8:17.4
- 5 Park Center 8:28.5
- 6 Osseo 8:44.1

110 Meter High Hurdles

- 1 Scott Hall, Armstrong 14.89
- 2 Todd Doncavage, Jefferson 14.90
- 3 Keith Conn, Apple Valley 14.92
- 4 Nathan Young, Apple Valley 15.13
- 5 Tim Wescheid, Apple Valley 15.20
- 6 Dennis Heinen, Osseo 15.22

100 Meter Dash

- 1 Todd Murray, Jefferson 10.78
- 2 Ian Curran, Apple Valley 11.03
- 3 Dale Szymborski, Jefferson 11.17
- 4 Dave Baiel, Apple Valley 11.19
- 5 Dean Paulson, Kennedy 11.10
- 6 Mike Bakke, Burnsville 11.29

1600 Sprint Medley Relay

- 1 Park Center 3:39.31
- 2 Rosemount 3:40.50
- 3 Armstrong 3:45.34
- 4 Kennedy 3:45.50
- 4 Osseo 3:47.28
- 6 Apple Valley 3:53.34

1600 Meter Run

- 1 Jon Halverson, Burnsville 4:31.60
- 2 Jason Rathe, Osseo 4:31.93
- 3 Jamie Bloomquist, Burnsville 4:32.8
- 4 Bart Bailey, Armstrong 4:33.14
- 5 Davis, Armstrong 4:35.09
- 6 Kirk McFarland, Park Center 4:36.31

4x100 Meter Relay

- 1 Apple Valley 43.36
- 2 Kennedy 43.37
- 3 Park Center 43.49
- 4 Jefferson 43.84
- 5 Burnsville 44.07
- 6 Rosemount 44.30

400 Meter Dash

- 1 Mike Thomas, Apple Valley 49.63
- 2 Don White, Burnsville 50.00
- 3 Mark Wahlstrom, Apple Valley 51.08
- 4 Mark Harstad, Burnsville 52.52
- 5 Kevin Harms, Osseo 53.08
- 6 Mike Minor, Armstrong 53.97

300 Meter Intermediates

- 1 Keith Conn, Apple Valley 39.29
- 2 Dale Chmielewski, Rosemount 39.64
- 3 Shawn Hayes, Kennedy 39.82
- 4 Scott Hall, Armstrong 40.27
- 5 John Munson, Park Center 41.53
- 6 Nathan Young, Apple Valley 41.87

800 Meter Run

- 1 Greg McLaughlin, Kennedy 2:00.58
- 2 Ken Kennedy, Burnsville 2:02.44
- 3 Brett Liberty, Apple Valley 2:02.73
- 4 Matt Duffe, Armstrong 2:03.69
- 5 Mark Ostlie, Osseo 2:04.50
- 6 John Grimmer, Kennedy 2:05.80

200 Meter Dash

- 1 Todd Murray, Jefferson 21.67
- 2 Pat Haugh, Rosemount 21.99
- 3 Don White, Burnsville 22.33
- 4 Cedric Esgalle, Kennedy 22.36
- 5 Dave Baiel, Apple Valley 22.41
- 6 Dale Szymborski, Jefferson 22.49

3200 Meter Run

- 1 Jon Halverson, Burnsville 9:46.8
- 2 Jamie Bloomquist, Burnsville 9:50.8
- 3 Scott Davis, Armstrong 10:03.1
- 4 Aaron Quarstad, Rosemount 10:18.5
- 5 Kevin Nordstrom, Osseo 10:19.9
- 6 Chad Duffy, Rosemount 10:20.7

4x400 Meter Relay

- 1 Apple Valley 3:25.7
- 2 Park Center 3:30.23
- 3 Armstrong 3:31.69
- 4 Rosemount 3:31.69
- 5 Burnsville 3:35.19
- 6 Osseo 3:35.72

Notes: Apple Valley's head coach was Bud Bjornaraa.