

## 1989 Big 9 Conference Championships

### Team Scores

|                |       |                 |      |
|----------------|-------|-----------------|------|
| 1 Mayo         | 113.5 | 6 Albert Lea    | 47   |
| 2 Faribault    | 92    | 7 John Marshall | 31   |
| 3 Winona       | 91    | 8 Mankato East  | 29.5 |
| 4 Mankato West | 82    | 9 Austin        | 22   |
| 5 Owatonna     | 50    |                 |      |

### 100 Meter Dash

|            |               |         |
|------------|---------------|---------|
| 1 Bohonek  | Albert Lea    | 00:11.3 |
| 2 Teske    | Faribault     | N/A     |
| 3 Blum     | Owatonna      | N/A     |
| 4 Windbush | John Marshall | N/A     |
| 5 Jerdee   | Albert Lea    | N/A     |
| 6 Fursa    | John Marshall | N/A     |

### 1600 Meter Run

|            |              |         |
|------------|--------------|---------|
| 1 Thompson | Faribault    | 04:18.0 |
| 2 Narveson | Mankato West | 04:22.6 |
| 3 Briggs   | Winona       | 04:26.9 |
| 4 Jordan   | Mankato East | 04:37.1 |
| 5 Sheehan  | Mayo         | 04:39.1 |
| 6 Sherrell | Owatonna     | 04:39.9 |

### 200 Meter Dash

|            |               |         |
|------------|---------------|---------|
| 1 Malin    | Mankato West  | 00:23.3 |
| 2 Bohonek  | Albert Lea    | 00:23.4 |
| 3 Faurote  | Winona        | 00:23.5 |
| 4 Fursa    | John Marshall | 00:23.6 |
| 5 Johnson  | Mayo          | 00:23.7 |
| 6 Berquist | Mayo          | 00:23.9 |

### 3200 Meter Run

|            |               |         |
|------------|---------------|---------|
| 1 Briggs   | Winona        | 09:44.3 |
| 2 McCullum | Mayo          | 09:47.1 |
| 3 Sherrell | Owatonna      | 10:07.4 |
| 4 Charlson | Mayo          | 10:10.9 |
| 5 Ramsay   | John Marshall | 10:12.4 |
| 6 Peterson | Mankato West  | 10:14.3 |

### 400 Meter Dash

|             |              |         |
|-------------|--------------|---------|
| 1 Malen     | Mankato West | 00:51.1 |
| 2 Borwege   | Faribault    | 00:51.6 |
| 3 O'Brien   | Austin       | 00:52.7 |
| 4 Nomeland  | Faribault    | 00:53.3 |
| 5 Molskness | Albert Lea   | 00:53.4 |
| 6T Miles    | Mayo         | 00:53.7 |
| 6T Trang    | Mankato East | 00:53.7 |

### 110 Meter Hurdles

|              |           |         |
|--------------|-----------|---------|
| 1 Johnson    | Mayo      | 00:15.7 |
| 2 Williamson | Mayo      | 00:16.0 |
| 3 Akemann    | Faribault | 00:16.4 |
| 4 Harris     | Mayo      | 00:16.5 |
| 5 Robke      | Owatonna  | 00:16.8 |
| 6 Gillen     | Faribault | 00:16.8 |

### 800 Meter Run

|            |               |         |
|------------|---------------|---------|
| 1 Narveson | Mankato West  | 01:56.7 |
| 2 Thompson | Faribault     | 02:00.2 |
| 3 Hoag     | John Marshall | 02:01.7 |
| 4 Sheehan  | Mayo          | 02:03.4 |
| 5 Wood     | Mankato West  | 02:04.5 |
| 6 Horman   | Winona        | 02:06.8 |

### 300 Meter Hurdles

|             |              |         |
|-------------|--------------|---------|
| 1 Robke     | Owatonna     | 00:40.9 |
| 2 Gillen    | Faribault    | 00:41.1 |
| 3 Johnson   | Mayo         | 00:41.3 |
| 4 Leibfried | Winona       | 00:42.3 |
| 5 Ellingson | Mayo         | 00:42.5 |
| 6 Dillon    | Mankato West | 00:42.9 |

#### 4x100 Meter Relay

|   |               |         |
|---|---------------|---------|
| 1 | Albert Lea    | 00:44.8 |
| 2 | Austin        | 00:45.0 |
| 3 | Winona        | 00:45.1 |
| 4 | Mayo          | 00:45.1 |
| 5 | John Marshall | 00:45.2 |
| 6 | Faribault     | 00:45.5 |

#### 4x400 Meter Relay

|   |              |         |
|---|--------------|---------|
| 1 | Mankato West | 03:29.0 |
| 2 | Mayo         | 03:32.6 |
| 3 | Faribault    | 03:33.1 |
| 4 | Albert Lea   | 03:33.6 |
| 5 | Winona       | 03:35.2 |
| 6 | Owatonna     | 03:37.3 |

#### Long Jump

|   |            |            |          |
|---|------------|------------|----------|
| 1 | Ellingson  | Mayo       | 21-08.00 |
| 2 | Gudmundson | Winona     | 20-07.75 |
| 3 | Akemann    | Faribault  | 20-02.75 |
| 4 | Arett      | Albert Lea | 20-01.50 |
| 5 | Gatica     | Albert Lea | 20-01.50 |
| 6 | Johnson    | Faribault  | 20-01.25 |

#### Triple Jump

|   |              |              |          |
|---|--------------|--------------|----------|
| 1 | Ellingson    | Mayo         | 43-03.00 |
| 2 | Gudmundson   | Winona       | 42-07.75 |
| 3 | Thompson     | Faribault    | 40-09.00 |
| 4 | Christianson | Owatonna     | 40-02.00 |
| 5 | Draheim      | Mankato East | 40-01.00 |
| 6 | Sahlin       | Faribault    | 39-08.25 |

#### High Jump

|   |              |              |         |
|---|--------------|--------------|---------|
| 1 | Blume        | Faribault    | 6-03.00 |
| 2 | Larson       | Mankato East | 6-03.00 |
| 3 | Sheehan      | Mayo         | 6-01.00 |
| 4 | Christianson | Owatonna     | 6-01.00 |
| 5 | Gudmundson   | Winona       | 6-01.00 |
| 6 | Bedney       | Owatonna     | 6-00.00 |

#### Sprint Medley Relay

|   |              |         |
|---|--------------|---------|
| 1 | Winona       | 03:43.5 |
| 2 | Mayo         | 03:44.8 |
| 3 | Mankato West | 03:45.6 |
| 4 | Faribault    | 03:48.7 |
| 5 | Albert Lea   | 03:50.1 |
| 6 | Owatonna     | 03:50.6 |

#### Distance Medley Relay

|   |               |         |
|---|---------------|---------|
| 1 | Mayo          | 11:05.6 |
| 2 | Winona        | 11:11.5 |
| 3 | John Marshall | 11:23.6 |
| 4 | Faribault     | 11:30.2 |
| 5 | Mankato West  | 11:35.0 |
| 6 | Owatonna      | 12:14.9 |

#### Pole Vault

|    |          |              |          |
|----|----------|--------------|----------|
| 1  | Moore    | Winona       | 13-00.00 |
| 2  | Wallen   | Mankato West | 12-06.00 |
| 3  | Smoldt   | Mayo         | 11-06.00 |
| 4T | Arett    | Albert Lea   | 11-06.00 |
| 4T | Peterson | Mankato West | 11-06.00 |
| 6  | Sileter  | Owatonna     | 11-00.00 |

#### Shot Put

|   |           |               |          |
|---|-----------|---------------|----------|
| 1 | Sether    | Winona        | 51-11.50 |
| 2 | Page      | Austin        | 49-09.50 |
| 3 | MacDonald | John Marshall | 48-06.50 |
| 4 | Lundin    | Mankato East  | 48-06.50 |
| 5 | Seykora   | Owatonna      | 47-09.00 |
| 6 | Russell   | Mankato East  | 47-07.25 |

#### Discus Throw

|   |          |              |        |
|---|----------|--------------|--------|
| 1 | Seykora  | Owatonna     | 159-07 |
| 2 | Russell  | Mankato East | 158-10 |
| 3 | Hallett  | Mankato West | 149-09 |
| 4 | Nawrocki | Mankato West | 147-06 |
| 5 | Jones    | Mankato East | 141-03 |
| 6 | Nawrocki | Mankato West | 138-02 |