

LAKE RED CHAMPIONSHIP MEET
BOYS' TRACK RESULTS

FAT

<u>EVENT</u>	<u>SCHOOL</u>	<u>NAME</u>	<u>TIME/DISTANCE</u>	<u>PLACE</u>
Long Jump	Apple Valley	D. Baiel	20'7"	1
	Rosemount	R. Fischer	20'5 1/2"	2
	Osseo	R. Neal	20'4 1/2"	3
	Rosemount	N. Trinh	19'7 1/2"	4
	Apple Valley	P. Sirongsay	19'2"	5
	Armstrong	D. Broody	18'9 1/2"	6
Shot Put	Kennedy	C. Brinkworth	49'10"	1
	Apple Valley	C. Simmer	48'2 1/2"	2
	Apple Valley	E. Klein	47' 9"	3
	Osseo	G. Enos	47' 9"	4
	Armstrong	R. Schoen	46'10 1/2"	5
	Rosemount	D. Brinkhaus	46'6 1/4"	6
High Jump	Jefferson	M. Zender	6'3"	1
	Jefferson	J. Johnson	6'3"	2
	Apple Valley	D. Bishop	6'2"	3
	Burnsville	B. Hewitt	6'0"	4
	Rosemount	R. Fischer	6'0"	5
	Armstrong	T. Halverson	5'8"	6
4 x 800 Relay	Kennedy	Steve Ambroe Jon Grimmer Mike Nordberg Mark Nordberg	8:13.9	1
	Armstrong		8:21.1	2
	Osseo		8:21.5	3
	Apple Valley		8:21.5	4
	Park Center		8:25.2	5
	Rosemount		8:44.9	6
3200 Meter Run	Burnsville	J. Blomquist	9:53.9	1
	Rosemount	C. Duffy	9:56	2
	Apple Valley	K. Durand	10:00.5	3
	Apple Valley	P. Hile	10:03.2	4
	Rosemount	A. Quarstad	10:03.5	5
	Burnsville	S. Kramer	10:09.0	6
Pole Vault	Kennedy	M. Christian	14'8" *(record)	1
	Apple Valley	M. Revor	14'0"	2
	Apple Valley	G. Corniea	14'0"	3
	Apple Valley	M. Pentti	13'6"	4
	Kennedy	M. Christian	13'0"	5
	Park Center	L. Khonesauan	12'6"	6
110 IM Hurdles	Park Center	J. Munson	15.17	1
	Armstrong	S. Hall	15.20	2
	Osseo	D. Heinen	15.26	3
	Armstrong	A. Bauer	15.29	4
	Rosemount	D. Edson	15.52	5
	Apple Valley	N. Young	15.6	6

Armstrong ✓
Kennedy ✓
Jefferson ✓

<u>EVENT</u>	<u>SCHOOL</u>	<u>NAME</u>	<u>DISTANCE/TIME</u>	<u>PLACE</u>
100 Meter Dash	Kennedy	D. Paulson	11.33	1
	Apple Valley	D. Baiel	11.48	2
	Apple Valley	M. Sims	11.71	3
	Park Center	T. Brooks	11.83	4
	Park Center	M. Quickmeyer	11.99	5
	Osseo	K. Harms	12.00	6
1600 S Medley	Park Center	Mark Quickmeyer	3:39.82	1
		Jon Munson		
		Alan Dix		
		Robert Hulleman		
	Apple Valley		3:42.30	2
	Rosemount		3:44.17	3
Discus	Kennedy	D. Brinkhaus	155'7"	1
	Rosemount	C. Brinkworth	155'3"	2
	Jefferson	Paul Moore	148'5"	3
	Apple Valley	J. Sorensen	143'2"	4
	Osseo	E. Klein	138'11"	5
	Osseo	G. Enos	137'8"	6
1600 Meter Run	Osseo	J. Rathe	4:23.59 *(record)	1
	Burnsville	J. Blomquist	4:24.2	2
	Apple Valley	T. Soelter	4:25.93	3
	Armstrong	R. Horton	4:32.06	4
	Kennedy	M. Nordberg	4:35.6	5
	Apple Valley	K. Durand	4:36.39	6
4 X 100 Relay	Apple Valley	P. Svongsay	44:34	1
		M. Sims		
		M. Thomas		
		D. Baiel		
	Kennedy		44.49	2
	Park Center		44.50	3
400 Meter Dash	Armstrong		45.48	4
	Rosemount		45.76	5
	Jefferson		46.31	6
	Apple Valley	M. Thomas	49.58 *(record)	1
	Jefferson	J. Nelson	52.02	2
	Armstrong	M. Minor	52.51	3
300 M IM Hurdles	Burnsville	K. O'Higgins	52.66	4
	Rosemount	J. Wahlstrom	53.04	5
	Rosemount	O. Khan	53.90	6
	Armstrong	S. Hall	39.66	1
	Rosemount	D. Edson	39.77	2
	Apple Valley	N. Young	40.39	3
300 M IM Hurdles	Jefferson	M. Muyres	40.46	4
	Rosemount	D. Clements	40.66	5
	Armstrong	A. Bauer	41.77	6

	<u>SCHOOL</u>	<u>NAME</u>	<u>DISTANCE/TIME</u>	<u>PLACE</u>
100 Meter Run	Armstrong	D. Kleyman	1:58.27 *(record)	1
	Rosemount	D. Hendrickson	2:00.57	2
	Armstrong	M. Muechlausen	2:00.99	3
	Osseo	M. Mason	2:01.9	4
	Kennedy	M. Nordberg	2:02.61	5
	Jefferson	M. Papedis	2:03.95	6
200 Meter Dash	Kennedy	D. Paulson	22.44	1
	Apple Valley	D. Baiel	23.01	2
	Burnsville	C. Gross	23.88	3
	Kennedy	L. Miller	23.90	4
	Apple Valley	J. Sackett	23.94	5
	Kennedy	C. Kinghelow	24.08	6
Triple Jump	Apple Valley	C. Rowe	42'7"	1
	Rosemount	R. Fischer	42'1 1/4"	2
	Osseo	F. Crane	41'8 1/4"	3
	Park Center	J. Munson	41'7"	4
	Apple Valley	D. Krenzel	41'1 3/4"	5
	Apple Valley	N. Young	40'2"	6
4 X 400 Relay	Apple Valley	Nathan Young Tim Soelter Dan Krenzel Mike Thomas	3:27.17	1
	Rosemount		3:29.12	2
	Park Center		3:33.36	3
	Armstrong		3:33.84	4
	Burnsville		3:35.64	5
	Kennedy		3:36.10	6

TEAM RESULTS:

Apple Valley	155	Armstrong	70	Burnsville	37
Rosemount	90	Park Center	45	Jefferson	36
Kennedy	82	Osseo	44		

100 Meter Dash	Apple Valley	Christy Rose	17.85	1
	Apple Valley	Cheryl Abel	18.07	2
	Rosemount	Jillie Koster	18.27	3
	Armstrong	Luann Olson	18.37	4
	Armstrong	Lisa Parkkonen	18.61	5
	Apple Valley	Jill Frenstinger	18.73	6

4 X 200 Relay	Rosemount	Laure Ohlson Stacey Anderson The Senior Jillie Koster	1:40.39*(record)	1
	Armstrong		1:47.35	2
	Kennedy		1:52.20	3
	Jefferson		1:55.20	4
	Osseo		1:46.00	5
	Burnsville		1:57.11	6

Shot Put	Kennedy	Libbie Carlson	32'6"	1
	Osseo	Fenny Worsbak	27'5 1/2"	2
	Jefferson	Eris Taylor	35'2 3/4"	3
	Osseo	Donnae Lund	24'2 3/4"	4
	Apple Valley	Maria Lundgren	32'4"	5
	Osseo	Lisa Radler	31'8"	6

LAKE RED CONFERENCE
TRACK AND FIELD RECORDS

BOYS

1600 Meter Run - J. Rathe, Osseo, 4:23.59, 1989
110 Meter High Hurdles - Swenson, Armstrong, 14.6, 1987
100 Meter Dash - Todd Murray, Jefferson, 10.78, 1988
1600 Sprint Medley Relay - Park Center, 3:36.4, 1987
4 X 100 Meter Relay - Apple Valley, 43.36, 1988
400 Meter Dash - M. Thomas, Apple Valley, 49.58, 1989
300 Meter I.M. Hurdles - Keith Conn, Apple Valley, 39.29, 1988
800 Meter Run - D. Kleyman, Armstrong, 1:58.27, 1989
3200 Meter Run - John Sundby, Burnsville, 9:44.1, 1987
200 Meter Dash - Todd Murray, Jefferson, 21.67, 1988
4 X 400 Meter Relay - Apple Valley, 3:25.72, 1988
4 X 800 Meter Relay - Armstrong, 8:05.43, 1988
Discus - Redden, Armstrong, 158'10", 1987 & 1988
Triple Jump - Rowe, Apple Valley, 43'5.25", 1987
Shot Put - C. Docejs, Apple Valley, 57'9", 1987
High Jump - Pat Zink, Burnsville, 6'5", 1988
Long Jump - Curtis, Park Center, 22'5", 1987
Pole Vault - M. Christian, Kennedy, 14'8", 1989

1989 LAKE RED CONFERENCE TRACK & FIELD
ALL-CONFERENCE

Apple Valley

Boys:

D. Baiel
P. Svongsay
M. Sims
M. Thomas
C. Rowe
N. Young
T. Soelter
D. Krenz

Girls:

C. Ocel
C. Rowe
A. Bruns
J. Talbott

Armstrong

Boys:

S. Hall
D. Kleyman

Girls:

A. Titcomb
P. Wurl

Burnsville

Boys:

J. Blomquist

Girls:

J. Wawracz
S. Steiner
K. VanWilgen
J. Hearn
H. Smith
S. Lacher

Jefferson

Boys:

M. Zender

Girls:

Kennedy

Boys:

C. Brinkworth
S. Ambro
J. Grimmer
Mike Nordby
Mark Nordby
M. Christian
D. Paulson

Girls:

K. Dean
L. Carlson

Osseo

Boys:

J. Rathe

Girls:

Park Center

Boys:

J. Munson
M. Quickmeyer
R. Hullenman
A. Dix

Girls:

Rosemount

Boys:

D. Brinhaus

Girls:

L. Ohland
S. Anderson
C. Senior
J. Kasten
K. Murtfeldt
T. Johnson