

1977 Region 7AA Girls - Saturday, June 4th at Grand Rapids

Teams: International Falls 73.5, Cloquet 73, Forest Lake 64.5, St. Francis 54, Duluth Central 48, Grand Rapids 40, Proctor 25, Duluth Denfeld 16, Aurora-Hoyt Lakes 13, Cambridge 12, Greenway 12, Hibbing 12, Virginia 12, Two Harbors 8, Duluth East 8, Princeton 1, Dul Morgan Pk 0.

110 Yd Hurdles

- 1 Heidi Hennemuth, Cloq 15.2
- 2 Mary Campbell, DuCen 15.6
- 3 Carol Dalske, SF 15.8
- 4 Lori Florhaug, FL 15.9
- 5 Debbie Erickson, DuCen 15.9
- 6 Gretchen Schlitz, Hibb 16.3

100 Yd Dash

- 1 Terry Paulino, FL 11.3
- 2 Patti Wicht, SF 11.4
- 3 Debbie Hunter, Cloq 11.6
- 4 Rose Walker, IF 11.6
- 5 Kathy Stoll, Greenw 11.6
- 6 Sharon Meyer, Du Cen 11.6

Mile Run

- 1 Donna Hamsmith, Proc 5:25.5
- 2 Patti Poirier, DuCen 5:27.8
- 3 Tina Bahr, IF 5:28.5
- 4 Mary Menlemans, DuEast 5:44.0
- 5 Gina Marcella, GR 5:44.8
- 6 Julie Kantonen, Cloq 5:47.6

880 Yd Relay

- 1 Int. Falls 1:47.0 (S Walker, Herzig, Blais, R Walker)
- 2 Forest Lake 1:48.8
- 3 Cloquet 1:49.0
- 4 Duluth Central 1:49.7
- 5 Grand Rapids 1:50.2
- 6 St. Francis 1:53.6

440 Yd Dash

- 1 Cindy Bonde, SF 60.0
- 2 Terrie Parchem, Cloq 60.0
- 3 Linda Sobziak, Greenw 60.2
- 4 Lisa Either A-HL 62.1
- 5 Cathy Thorstad, Denf 62.5
- 6 Jane Kowalczak, Proc 63.3

180 Yd Hurdles

- 1 Carol Dalske, SF 24.8
- 2 Valerie Black, Cloq 25.0
- 3 Heidi Hennemuth, Cloq 25.4
- 4 Helen Miltich, GR 25.5
- 5 Debbie Erickson, DuCen 25.5
- 6 Gretchen Schlitz, Hibb 25.5

440 Yd Relay

- 1 Cloquet 50.6 (Hennemuth, Shepck, Hunter, Parchem)
- 2 International Falls 51.3
- 3 Grand Rapids 52.7
- 4 Virginia 52.9
- 5 Cambridge 53.6
- 6 Aurora-Hoyt Lakes 53.7

880 Yd Run

- 1 Jill Gilderman, Proc 2:24.9
- 2 Cheryl Mindestrom, TH 2:24.9
- 3 Ann Tarro, IF 2:25.5
- 4 Mary Bunker, Greenw 2:27.5
- 5 Rocky Carlson, FL 2:28.1
- 6 Becky Moen, SF 2:29.5

220 Yd Dash

- 1 Terry Paulino, FL 25.9
- 2 Patti Wicht, SF 26.2
- 3 Debbie Hunter, Cloq 26.7
- 4 Rose Walker, IF 27.1
- 5 Brenda Randall, Cloq 27.2
- 6 Sue Kauth, GR 27.5

Two Mile Run

- 1 Kris Erickson, Cambr 11:43.9
- 2 Shelly Brisbois, Hibb 11:47.4
- 3 Jeannette Higgins, DuCent 12:16.5
- 4 Linden Gawboy, A-HL 12:51.8
- 5 Mary Holmes, Virg 13:07.5
- 6 Kim Kosterow, IF 13:11.0

Mile Relay

- 1 Duluth Central 4:07.0 (Stromme, Reitz, Poirier, Lyle)
- 2 Intl Falls 4:08.7
- 3 St. Francis 4:09.4
- 4 Proctor 4:11.2
- 5 Duluth Denfeld 4:11.4
- 6 Forest Lake 4:15.6

Shot Put

- 1 Julie Bracht, FL 40-7.75
- 2 Debbie Berglund, GR 37-1.5
- 3 Cheryl Cassibo, IF 36-10
- 4 Kris Freeman, DuEast 36-4.75
- 5 Jean Columbus, GR 35-9
- 6 Maureen Riley, DuCen 35-7.25

Discus Throw

- 1 Julie Bracht, FL 118-9
- 2 Jean Columbus, GR 114-1
- 3 Debbie Berglund, GR 113-8
- 4 Laura Huggins, ?? 106-8
- 5 Cheryl Cassibo, IF 102-2
- 6 Sharyn Billman, Proc 102-7

Long Jump

- 1 Debbie Hunter, Cloq 17-0
- 2 Jeanne Blais, IF 16-6
- 3 Sharon Meyer, Du Cen 16-2.75
- 4 Sandy Miller, SF 15-9
- 5 Cathy Larson, FL 15-7.25
- 6 Cindy Rogers, GR 15-6.5

High Jump

- 1 Jeanne Blais, IF 5-6
- 2 Michelle Price, Denf 5-5
- 3 Melody Mattson Virg 5-2
- 4 Rainie Schwab FL 5-2
- 5 Jane Bugliosi, Hibb 5-0
- t6 Mary Lenth, IF 5-0
- t6 Sandy Peterson, FL 5-0

Notes: International Falls was coached by Verlie Surface.