

1979 Region 3AA Girls

Teams: Alexander Ramsey 82, South St. Paul 76.5, Woodbury 51, SP Highland Park 45, SP Central 32, Park-CG 32, Hastings 30, SP Harding 28.5, Derham Hall 21, Kellogg 21, SP Johnson 15, SP Washington 10, SP Humboldt 0

100 Meter Dash

- 1 Julie Kosowski, SSP 12.2
- 2 Tracy Chestnut, Kell 12.4
- 3 Sherry Tetu, SSP 12.7

200 Meter Dash

- 1 Julie Kosowski, SSP 24.8
- 2 Dana Watts, Cen 25.6
- 3 Tracy Chestnut, Kell 26.4

400 Meter Dash

- 1 Teresa Huberty, SSP 56.8
- 2 Dana Watts, Cen 56.8
- 3 Lynn Nicklay, Hast 60.7

800 Meter Run

- 1 Ruth Swanson, Ram 2:17.2
- 2 Katie Class, HP 2:18.2
- 3 Amy Eschbach, Hard 2:23.4

1600 Meter Run

- 1 Liz Joy, HP 5:09.0
- 2 Katie Wasko, Hard 5:10.9
- 3 Jeannie Wodaasch, HP 5:35.0

3200 Meter Run

- 1 Nancy Gieske, Sib 11:12.7
- 2 Kristen Breimhurst, DH 11:57.0
- 3 Patty Pirkel, John 12:25.7

100 Meter Low Hurdles

- 1 Julie Reiter, Wood 14.7
- 2 Julie Kauls, Ram 14.7
- 3 Cindy Warkel, Ram 15.4

165 Meter Low Hurdles

- 1 Julie Reiter, Wood 23.6
- 2 Cindy Warkel, Ram 23.9
- 3 Liz Parr, Park 24.6

400 Meter Relay

- 1 Central 50.3
- 2 Ramsey 51.2
- 3 Washington 51.6

800 Meter Relay

- 1 South St. Paul 1:43.4
- 2 Ramsey 1:45.8
- 3 Kellogg 1:48.5

1600 Meter Relay

- 1 Highland Pk 4:01.4
- 2 Ramsey 4:06.2
- 3 Hastings 4:07.7

Long Jump

- 1 Julie Reiter, Wood 17-5
- 2 Julie Kauls, Ram 16-11
- 3 Julie Kosowski, SSP 16-11

High Jump

- 1 Teresa Huberty, SSP 5-1.75
- 2 Julie Reiter, Wood 5-1
- 3 Erin Sobaski, DH 5-0

Shot Put

- 1 Diane Skiff, SSP 38-5
- 2 Lori Knudsen, Hard 34-6
- 3 Patty Mudek, John 34-2.5

Discus

- 1 Julie Rice, Park 107-11
- 2 Brenda Wharton, Ram 107-2
- 3 Sandy Ustruck, Sib 105-7

Notes: Ramsey was coached by Willetta Brown.