

1979 Region 5AA Girls- May 23 & 25 at Park Center

Teams: Mpls Washburn 117, Columbia Heights 70.5, Mpls Central 44.25, Osseo 42, Mpls Southwest 31, Park Center 30, Mpls Henry 21, Fridley Grace 20, Mpls North 15.5, Brooklyn Center 15, Fridley 15, Benilde-St Margaret's 11, Mpls South 10, Mpls Edison 9, Mpls West 8, Mpls Roosevelt 4, Regina 2.5.

100 Yard Dash

- 1 Bev Campbell, Washb 11.6
- 2 Mary Heiman, Washb 11.6

220 Yard Dash

- 1 Tracy Crowson, Washb 26.8
- 2 Loretta Harris, SW 26.9

440 Yard Dash

- 1 Jean Hale, Washb 58.5
- 2 Kathy Brethbot, Edis 59.8

880 Yard Run

- 1 Polly Letefsky, Washb 2:22.1
- 2 Ann Lundin, CH 2:22.7

One Mile Run

- 1 Lisa Koelfgen, BSM 5:15.4
- 2 Karen Zemek, Washb 5:19.7

Two Mile Run

- 1 Francine Ostrem, Washb 11:33.0
- 2 Diane Revering, CH 11:43.0

110 Yard Low Hurdles

- 1 Julie Klappa, Osseo 15.1
- 2 Kelli Powell, CH 15.2

180 Yard Low Hurdles

- 1 Mary Heiman, Washb 23.6
- 2 Kelli Powell, CH 24.0

440 Yard Relay

- 1 Central 50.0

880 Yard Relay

- 1 Columbia Heights 1:45.9

One Mile Relay

- 1 Washburn 4:02.2

Long Jump

- 1 Gail Spencer, Henry 17-6.75
- 2 Cathy Arsenault, CH 17-1.5

High Jump

- 1 Darcy Alm, South 5-0
- 2 Nancy Saunders, PC 5-0

Shot Put

- 1 Patty Hellen, Osseo 41-7.75
- 2 Lori Buehan, Washb 41-5

Discus

- 1 Patty Hellen, Osseo 121-3
- 2 Daine Robeck, Henry 116-2

Notes: Mpls Washburn was coached by Mark Gagstetter.