

1975 Region D-AA Championships at Macalester College, May 30 & 31, 1975

Teams: Edina West 88, St Louis Park 85, Wayzata 69½, Mpls Southwest 58, Mpls Central 48, Robbinsdale Armstrong 39, Mpls Washburn 35, Mpls Henry 26, Bloomington Lincoln 26, Robbinsdale Cooper 21 ½

100

1 Glen Lewis, Edina West	10.4
2 Todd Mayes, Washburn	10.6
3 Stan Hill, Cooper	10.7
4 Tom Egar, Wayzata	10.7
5 Russell Gary, Mpls Central	11.0
6 Rick DeCamp, Wayzata	11.1

220

1 Glen Lewis, Edina West	22.6 **
2 Phil Maddox, Mpls Central	23.0
3 Stan Hill, Cooper	23.2
4 Todd Mayes, Washburn	23.4
5 Russell Gary, Mpls Central	23.6
6 Rodney Hare, Mpls Central	23.7

440

1 Tom Wichelman, SLP	51.0
2 Keith Roleff, Armstrong	51.4
3 Todd Olander, Henry	51.7
4 Jim Johnson, Mpls Central	52.0
5 K. Anderson, Washburn	52.2
6 Scott Langlie, Wayzata	52.3

880

1 Tim Cannon, SLP	1:57.2
2 Tom Whiteis, Armstrong	1:57.6
3 Dave Howard, SLP	2:00.6
4 B. Humphrey, SLP	2:01.0
5 Rick Smida, Cooper	2:01.5
6 Brian Larkin, Wayzata	2:02.8

Mile

1 Walter Johnson, Southwest	4:18.4 **
2 Lane Wieker, Armstrong	4:18.6
3 Kyle Monson, Wayzata	4:30.8
4 R. Anderson, Lincoln	4:32.0
5 Brian Earl, Wayzata	4:33.0
6 P. Corcoran, SLP	4:33.4

Two Mile

1 Tom Fagrelus, Southwest	9:19.6 **
2 Pete Wehrwein, Edina West	9:27.0
3 Steve Guertin, Armstrong	9:33.2
4 Bob Droen, SLP	9:38.6
5 Fran Koch, Lincoln	9:45.4
6 Corky Jackman, Henry	9:49.6

High Hurdles

1 Dave Gaither, Wayzata	14.5 **
2 Donn Sponholtz, Edina West	14.6
3 Scott Pederson, SLP	15.0
4 Terry Sullivan, Henry	15.4
5 Steve Bishop, Lincoln	15.9
6 Tom Feehan, Henry	16.0

180 Low Hurdles

1 Dave Gaither, Wayzata	19.8 *
2 Donn Sponholtz, Edina West	20.2
3 Scott Pederson, SLP	20.7
4 Jim Sackrison, Edina West	20.9
5 Terry Sullivan, Henry	21.1
6 Tom McClure, Wayzata	21.2

880 Relay

1 Edina West (Jeff Applequist, Tom Flynn, Jim Sackrison, Glenn Lewis)	1:31.9 *
2 St Louis Park	1:33.1
3 Lincoln	1:34.0
4 Washburn	1:35.1
5 Wayzata	1:35.5
6 Cooper	1:35.5

Mile Relay

1 St Louis Pk (Chuck Boscoljon, Tom Wickelman, Bruce Humphrey, Tim Cannon)	3:27.2 **
2 Lincoln	3:27.3
3 Wayzata	3:28.8
4 Washburn	3:33.6
5 Armstrong	3:34.5
6 Southwest	3:35.8

Sprint Medley

1 Wayzata (Tom Egar, Scott Langlie, Kent Nelson, Kyle Monson)	3:37.0 **
2 Southwest	3:38.7
3 St Louis Park	3:38.8
4 Lincoln	3:42.4
5 Henry	3:42.5
6 Edina West	3:45.3

Shot Put

1 Tom Herbst, Mpls Central	51-9 ¼
2 Greg Cardelli, Southwest	51-9
3 Terry Rakotz, Cooper	50-2 ½
4 Jon Najarian, Mpls Central	48-6 ½
5 Dave Vann, SLP	47-3 ½
6 Bob Sapiro, Edina West	46-0

Discus Throw

1 Greg Cardelli, Southwest	157-0
2 Scott Grill, Wayzata	141-2
3 Tom Herbst, Mpls Central	139-5
4 Bob Sefton, Washburn	138-11
5 Brad Hansen, Edina West	136-9
6 Jon Najarian, Mpls Central	125-11

Long Jump

1 Jim Sackrison, Edina West	21-0
2 Jim Russell, Southwest	19-10
3 Bruce Koch, Edina West	19-8 ¼
4 Ed Peterson, Henry	19-6
5 Bucky Manning, Wayzata	19-4
6 K. Christianson, SLP	19-3 ½

High Jump

1 Andre Griffin, Mpls Central	6-2
2 Daryl Boudreaux, Washburn	6-2
3 Terry Sullivan, Henry	6-1
4 Myles Cavanaugh, Armstrng	6-0
5 Keith Friede, Edina West	6-0
6 Kenny Webster, Washburn	5-10

Pole Vault

1 S. Mortland, SLP	13-0
2 M. Robertson, Edina West	12-6
3 Don Eicher, Wayzata	12-0
4 Dave Staubus, Southwest	12-0
5 Gordy Heino, Armstrong	12-0
6 Denney Lish, SLP	12-0

* Ties Meet Record

** New Meet Record