

1976 Region 3AA Boys - at Park-Cottage Grove on May 24 & 26

Teams: Cretin 127, South St. Paul 68, Kellogg 62, Henry Sibley 56, Park-CG 37, St. Paul Harding 35, St. Paul Central 23, St. Paul Highland Park 23, Alexander Ramsey 20, St. Thomas Academy 18, St. Paul Monroe 10, St. Paul Washington 7, St. Paul Johnson 6, St. Paul Humboldt 4, Woodbury 0, St. Paul Murray 0.

Two Mile Run

- 1 Emson Lenong, Cret 9:35.7
- 2 Joe Metzger, Cret 9:37.8
- 3 Dave Wolff, Cret 9:46.5
- 4 Jim Hannon, HP 9:52.0
- 5 Tony Schiller, HP 9:53.8
- 6 Pat Sullivan, STA 9:57.6

120 Yd Hurdles

- 1 Paul Porter, SSP 14.7
- 2 Jon Charlson, Kell 14.8
- 3 Keith Swan, Centr 15.1
- 4 Dan Bissonnette, Cret 15.2
- 5 Jeff Paulson, Kell 15.2
- 6 George Frank, SSP 15.2

100 Yd Dash

- 1 Al Markfort, Hard 10.1
- 2 Wayne Robinson, Cret 10.1
- 3 Bob Bray, Park 10.2
- 4 Neal Lagos, HP 10.3
- 5 Dave Lundquist, Hard 10.4
- 6 Doug Dunnutte, Ramsey 10.4

One Mile Run

- 1 Kurt Roth, Cret 4:23.1
- 2 Don Hurley, Cret 4:23.5
- 3 Steve Gimpl, Washingt 4:24.0
- 4 Bill Baker, HP 4:30.7
- 5 Scott Krey, Sibley 4:32.5
- 6 Dave Westenberg, Park 4:33.9

880 Yard Relay

- 1 Henry Sibley 1:31.5
- 2 Harding 1:31.9
- 3 Ramsey 1:32.4
- 4 Kellogg 1:34.4
- 5 St. Thomas 1:34.6
- 6 Park 1:35.4

440 Yd Dash

- 1 Jay Mountain, Cret 51.9
- 2 Bob Wood, Sibley 52.0
- 3 Mark Bloom, Kell 52.9
- 4 Bruce Rasmusson, Sibley 53.1
- 5 Cole Kelly, STA 53.1
- Terry Flum, SSP ---

180 Yd Hurdles

- 1 Paul Porter, SSP 19.6
- 2 Keith Swan, Centr 20.0
- 3 Jon Charlson, Kell 20.1
- 4 George Frank, SSP 20.5
- 5 Jeff Paulson, Kell 20.6
- 6 Lee Hildebrandt, Sibley 21.2

880 Yd Run

- 1 Kevin Roth, Cret 1:57.1
- 2 Bob Fahey, Cret 1:58.1
- 3 Mark Richardson, Johns 1:59.9
- 4 Chuck Roach, SSP 2:00.3
- 5 Craig Lukoskie, Kell 2:01.9
- 6 Steve Graham, Ramsey 2:02.4

Sprint Medley Relay

- 1 Cretin 3:38.7 (Mitchell, Robinson, Ke Roth, G Gavin)
- 2 Highland Park 3:39.4
- 3 Park 3:41.0
- 4 Kellogg 3:41.5
- 5 Henry Sibley 3:42.1
- 6 Washington 3:44.3

220 Yd Dash

- 1 Eric Lukes, Sibley 22.8
- 2 Al Markfort, Hard 23.0
- 3 Jay Mountain, Cret 23.2
- 4 Dan Dailey, Sibley 23.6
- 5 Robert Blakely, Centr 23.6
- 6 Paul Thomas, Hard 23.9

Mile Relay

- 1 Cretin 3:28.1 (Fahey, Robinson, Ke Roth, Mountain)
- 2 Henry Sibley 3:32.0
- 3 Park 3:32.0
- 4 Ramsey 3:32.7
- 5 Kellogg 3:32.9
- 6 South St. Paul 3:33.5

Shot Put

- 1 Joe Dragich, SSP 49-11
- 2 Tom Gottfried, Ramsey 47-7.75
- 3 Steve Bartlett, Hard 46-1.25
- 4 Mark Tuszka, Sibley 46-0
- 5 Mike Kostka, SSP 45-2
- 6 John Sazenski, STA 44-4.5

Discus Throw

- 1 Craig Stephens, SSP 149-9
- 2 Steve Dahl, STA 144-6
- 3 Mike Kostka, SSP 127-9
- 4 John Sazenski, STA 126-10
- 5 Mark Menard, Park 126-7
- 6 John Hustleby, HP 121-8

High Jump

- 1 Dale Schmidt, Monroe 6-0
- 2 Joel Dearing, SSP 5-10
- 3 Bruce Bauman, Kell 5-10
- 4 Joe Medellin, Humb 5-10
- 5 Mike Degree, Centr 5-6
- 6 Earl Bronaugh, Cent

Long Jump

- 1 Steve Dobihal, Cret 20-11.75
- 2 Jon Charlson, Kell 20-10.5
- 3 Bob Bray, Park 20-5.25
- 4 Steve Rosvold, Sibley 20-4.75
- 5 Russ Young, Kell 20-3.25
- 6 Robert Blakely, Centr 19-10.5

Pole Vault

- 1 Jim Gruber, Kell 12-6
- 2 Doug Carlson, Park 12-0
- 3 Glen Mitchell, Cret 11-6
- t4 John Smith, Cret 11-0
- t4 Maurice Weaver, Centr 11-0
- 6 Randy Rosvold, SSP 11-0

Notes: Cretin was coached by Bill Miles.