

1976 Region 4AA Boys - Thursday, May 27th at Macalester

Teams: Stillwater 69, Anoka 58, Blaine 53, Mounds View 50, White Bear Lake 46, WB Mariner 42, Irondale 37, Coon Rapids 35, Mahtomedi 16, Elk River 12, Tartan 12, Spring Lake Park 11, Hill-Murray 10, Centennial 0, St. Anthony 0.

Two Mile Run

- 1 Mark Nenow, Anoka 9:17.3
- 2 Jay Junker, Stillwater 9:28.9
- 3 Greg Peters, Mahtomedi 9:36.7
- 4 Lindsey Brown, Stillwater 9:44.4
- 5 Loren Ehrmantrout, Anoka 9:46.6
- 6 King, Mariner 9:50.4

120 Yd Hurdles

- 1 Todd Butterfield, Stillw 15.3 (14.7 p)
- 2 Chuck Lowell, WBL 15.4 (14.8 p)
- 3 Elmquist, NSP 15.5
- 4 Held, Mounds View 15.7
- 5 Rick Gillespie Coon Rpd 15.8
- 6 Lindstrom, Spring Lk Pk 16.1

100 Yd Dash

- 1 Mark Hanson, Blaine 10.5
- 2 Paul Wethe, Tartan 10.6
- 3 Behr, Hill 10.6
- 4 Marcotte, Irondale 10.8
- 5 Gehringer, Blaine 10.8
- 6 Messerly, Mounds View 10.8

One Mile Run

- 1 Doug Rogers, Blaine 4:22.2
- 2 Jim Funk, Anoka 4:25.1
- 3 Brunjes, WBL 4:34.3
- 4 Leonard, Irondale 4:35.1
- 5 Gary Gilpin, Anoka 4:36.0
- 6 King, Mariner 4:36.8

880 Yard Relay

- 1 Mariner 1:31.4
- 2 Mounds View 1:31.5
- 3 Blaine 1:32.3
- 4 Stillwater 1:34.0
- 5 Tartan 1:34.3
- 6 Anoka 1:34.5

440 Yd Dash

- 1 Tim Murray, Mahtomedi 51.0
- 2 Joel Packer, Coon Rpd 51.8
- 3 B. Wasiluk, Mounds View 52.1
- 4 R. Wasiluk, Mounds View 52.6
- 5 Sheehan, Mounds View 52.8
- 6 Jim Bergen, Stillwater 52.9

180 Yd Hurdles

- 1 Chuck Lowell, WBL 21.3
- 2 Todd Butterfield, Stillw 21.5
- 3 Rick Johnson, Anoka 21.6
- 4 Brad Grupa, Elk River 21.9
- 5 Wojon, Mariner 21.9
- 6 Rick Gillespie Coon Rpd 22.3

880 Yd Run

- 1 Chuck Nelson, Blaine 2:00.5
- 2 Joe Brisson, NSP 2:02.4
- 3 Perkins, Mounds View 2:03.4
- 4 Dave Trent, Stillwater 2:04.0
- 5 Bakken, Irondale 2:04.0
- 6 Tom Lynch, Coon Rapids 2:04.2

Sprint Medley Relay

- 1 Mounds View 3:31.8
- 2 Mariner 3:34.1
- 3 Anoka 3:35.9
- 4 Blaine 3:40.3
- 5 Stillwater 3:42.6
- 6 Irondale 3:42.6

220 Yd Dash

- 1 Jon Nelson, Mariner 22.5
- 2 Mark Hansen, Blaine 22.5
- 3 Marcotte, Irondale 23.1
- 4 Strano, Spring Lk Pk 23.3
- 5 Scot Johnson, Stillwater 23.5
- 6 Wethe, Tartan 23.7

Mile Relay

- 1 Mariner 3:29.9
- 2 Stillwater 3:30.6
- 3 WBL 3:32.0
- 4 Blaine 3:32.6
- 5 Anoka 3:32.8
- 6 Coon Rapids 3:33.0

Shot Put

- 1 Tom Peterson, Stillwater 55-0
- 2 Bob Hoover, Anoka 54-3
- 3 Steve Rozak, Coon Rapids 54-0.5
- 4 Dietz, WBL 53-4
- 5 Hoffman, Blaine 51-4
- 6 Gary Atkinson Anoka 50-7

Discus Throw

- 1 Doug Dietz, WBL 160-9
- 2 Paul Zabee, Elk Rvr 156-6
- 3 Dean Kloecker, Stillw 154-7
- 4 Gary Atkinson Anoka 154-4
- 5 Rick Ruprecht, Coon Rapids 152-3
- 6 Beckeer, Blaine 152-0

High Jump

- 1 Wayne Larson, Coon Rapids 6-2
- 2 Jeff Summers, WBL 6-2
- 3 Jackman, Irondale 6-2
- 4 Nicholson, Hill 6-0
- 5 Lahti, Mounds View 6-0
- 6 Steve Roeder, Coon Rpd 5-10

Long Jump

- 1 Rick Johnson, Anoka 21-11.75
- 2 Doug Dicks, Mariner 21-7
- 3 Marcotte, Irondale 21-1.5
- 4 Eastman, Mounds View 20-10
- 5 Messerly, Mounds View 20-8.5
- 6 Whitt, Tartan 20-5

Pole Vault

- 1 Dave Rogers, Stillwater 14-3
- 2 Curt Harkey, Irondale 13-3
- 3 Slepka, Spring Lk Pk 13-3
- 4 Mark Haberman, Coon Rpd 13-0
- 5 Holwegner, Mariner 13-0
- 6 Fonken, Mounds View 12-6

Notes: Steve Forseth was the Stillwater Coach. A controversial disqualification of two Anoka half-milers because of their allegedly being "paced" by a fan/teammate cost the Tornados 16 points (1st & 3rd) and the Region title. Mounds View' Mile Relay was disqualified after crossing the line in 3:29.8 and in first.