

## 1976 Region 7A Boys - Friday, May 28th at Grand Rapids

**Teams:** Silver Bay 81, Chisholm 57, Esko 54, Hermantown 31, North Branch 30, Askov 26, Duluth Cathedral 23, Sandstone 22, McGregor 20, Chisago Lakes 17, Gilbert 16, Pine City 15, Nashwauk-K 14, Grand Marais 14, Ely 11, Taylor Falls 10, Mountain Iron 9, Moose Lake 6, Remer 6, Rush City 6, Carlton 5, Eveleth 5, Buhl 4, Barnum 4, Cromwell 4, Bigfork 4, Cook 2, ...

### 120 Yd High Hurdles

- 1 Greg Futterer, GrM 15.2
- 2 Richard Thornbloom, McGr
- 3 Mike Frericks, SB
- 4 Billy Smith, Cromw
- 5 George Plimi, Cook
- 6 Dan Carlson, Hermant

### 100 Yd Dash

- 1 Jerry Strang, Cathedral 10.5
- 2 Tom Frericks, SB
- 3 Rick Shaw, Hermant
- 4 Dan Kelly, N-K
- 5 Jim Faust, Chish
- 6 Brad Ranoner, CL

### Mile Run

- 1 Loren Pierce, NB 4:23.2
- 2 Jerry Skalsky, SB
- 3 Bob Frandsen, RC
- 4 Ken Podpeskar, Gilb
- 5 Kevin Atwood, Carl
- 6 Paul Mauser, Ely

### 880 Yd Relay

- 1 Silver Bay 1:32.0 (M Frericks, T Frericks, Trost, Rolando)
- 2 Esko
- 3 Nashwauk-Keewatin
- 4 Chisago Lakes
- 5 McGregor
- 6 Mountain Iron

### 440 Yd Dash

- 1 Jeff Salo, Esko 50.5
- 2 Paul Heesaker, Sandst
- 3 Rick Shaw, Hermant
- 4 Mike Nelson, CL
- 5 Gary Cervenik, Mt Ir
- 6 Ted Grenert, Chish

### 180 Yd Low Hurdles

- 1 Richard Thornbloom, McGr 20.9
- 2 Mike Frericks, SB
- 3 Don Cress, Mt Ir
- 4 Greg Futterer, GrM
- 5 Danny Meiroto, Esko
- 6 Ed Maki, Buhl

### 880 Yd Run

- 1 Bruce Bartley, TF
- 2 Mitch Clausen, Askov
- 3 Niel Lundgren, PC
- 4 Scott Wirtanen, Gil
- 5 Dan Trost, SB
- 6 Mitch Olson, Evel

### Sprint Medley Relay

- 1 Chisholm 3:38.8 (Faust, Grenert, Palmquist, Farley)
- 2 Gilbert
- 3 Silver Bay
- 4 Eveleth
- 5 Buhl
- 6 Pine City

### 220 Yd Dash

- 1 Tom Frericks, SB 22.8
- 2 Jerry Strang, Cathedral
- 3 Paul Heesaker, Sands
- 4 Rick Shaw, Hermant
- 5 Joe Angir, N-K
- 6 Bob Bernard, Remer

### Two Mile Run

- 1 Mike Palmquist, Chish 9:33.3
- 2 Marlin Olson, NB
- 3 Steve Danielson, Sandst
- 4 Darik Nelson, NB
- 5 Neil Johnson, Barnum
- 6 Ron Holme, Babb

### Mile Relay

- 1 Esko 3:28.9 (Berstedt, Lindell, Meiroto, Salo)
- 2 North Branch
- 3 Askov
- 4 Cathedral
- 5 Ely
- 6 Chisago Lakes

### Shot Put

- 1 Rick Lund, Hermant 55-3.25
- 2 Paul McDonald, Chish
- 3 Mike Thomas, SB
- 4 Ron Kaaret, Bigf
- 5 Dale Tondryk, Esko
- 6 Dean Ganglehoff, Sandst

### Discus Throw

- 1 Paul McDonald, Chish 140-9
- 2 John Podomick, Ely
- 3 Mike Doherty, MooseL
- 4 Kevin Sheehy, Hermant
- 5 Leon Luther, Barnum
- 6 Dean Ganglehoff, Sandst

### Long Jump

- 1 Kevin Lindell, Esko 20-7.25
- 2 Merl Habel, CL
- 3 Jim Faust, Chish
- 4 Jim Bailey, Remer
- 5 Jim Brown, N-K
- 6 Steve Anderson, Carl

### Pole Vault

- 1 Mike Farley, Chish 12-5.5
- 2 Paul Hietala, Esko
- 3 Rob Rolando, SB
- 4 Manny Umpierre, Esko
- t5 Dean Davis, Carl
- t5 Kerry Leider, Cathedral

### High Jump

- 1 Dave Trost, SB
- 2 Shawn Paige, Askov
- 3 Mitch Christopherson, PC
- 4 Dan Theis, Askov
- 5 Daryl Weilert, PC
- 6 Mike Frericks, SB

**Notes:** Silver Bay was coached by Terry French.