

## 1976 Region 7AA Boys

**Teams:** Duluth Central 71.5, Cloquet 69.5, Hibbing 62, International Falls 58, Duluth Denfeld 50, Princeton 25.5, Forest Lake 25, Virginia 23, St. Francis 22, Duluth East 21, Two Harbors 19.5, Grand Rapids 17, Proctor 15, Greenway 5, Duluth Morgan Park 3, Cambridge 1.

### Long Jump

- 1 Joel Hodgson, IF 20-2.75
- 2 Mark Levings, Denf 19-8
- 3 Reldon Kirstling, GR
- 4 Scott Forbort, DCent
- 5 Steve Marcella, Vir
- 6 Marty Johnson, FL

### Discus

- 1 Tim Johnson, Cloq 149-1
- 2 Lyle Shuey, GR 147-1
- 3 Ron Stotts, DCent
- 4 Les Hendrickson, IF
- 5 Doug Borg, DCent
- 6 Mike Laliberte, Hib

### High Jump

- 1 Alan Brown, DEast 6-4
- 2 Mike Sandor, Hib 6-3
- 3 Jim Sandor Hib
- 4 Jim Bowden Prince
- 5 Tim Almqvist, FL
- t6 Mike Coleman, DCent
- t6 Scott Erickson, Prince

### Shot Put

- 1 Al Woodward, Cloq 50-8
- 2 Peter Hennum, Cloq 50-6
- 3 Tim Johnson, Cloq
- 4 Sheldon Hoe, IF
- 5 Darrell Anderson, FL
- 6 John Calinski, Dul MP

### Pole Vault

- 1 Steve Jungbauer, StF 13-0
- 2 Dave Laurion, IF 12-8
- 3 Doug Anderson, IF
- 4 Tom Hagen, FL
- t5 Scott Sobczak, Cloq
- t5 Cory Emig, TH

### 120 Yd High Hurdles

- 1 Bob Ecklund, IF 15.2
- 2 Scott Pearson, Denf 15.3
- 3 Mike Sandor, Hib
- 4 Mark Deinke, SF
- 5 Jim Sandor, Hib
- 6 Mike Portugue, GR

### 100 Yd Dash

- 1 Jerome Strother, DCent 10.3
- 2 Tony Spinelli, Hibb 10.3
- 3 Kevin Peters, Cloq
- 4 Todd Udenberg, TH
- 5 Howard Nevanen, IF
- 6 Gene Powers, Proc

### Mile Run

- 1 Kerry Kellerhuis, FL 4:29.0
- 2 David Reagor, DEast 4:29.7
- 3 Mark Melander, DEast
- 4 Brent Trevena, Greenw
- 5 Brian Gauss, Proc
- 6 John Tormundson, Denf

### 880 Relay

- 1 Duluth Central 1:32.3 (Taylor, Strother  
Baker, Maddox)
- 2 Two Harbors
- 3 Cloquet
- 4 Int. Falls
- 5 Grand Rapids
- 6 Princeton

### 440 Yd Dash

- 1 Dan Johnson, Princeton 49.6
- 2 Jody Olson, Virg 50.8
- 3 Tim Potvien Denf
- 4 Tom Potvien, Denf
- 5 Dean Demaris, Hib
- 6 Chris Holmes, Dul MP

### 180 Yd Low Hurdles

- 1 Tony Spinelli, Hibb 20.6
- 2 Scott Pearson, Denf 20.7
- 3 Ric Bigelow, TH
- 4 Mike Sandor, Hib
- 5 Mark Daleki, SF
- 6 Bob Ecklund, IF

### 880 Yd Run

- 1 Frank Barnaby, DCentr 1:58.0
- 2 James Bowden, Princeton 1:59.0
- 3 Todd Tuominen, Proc
- 4 Jody Olson, Vir
- 5 Jim Maslowski, Cloq
- 6 Rich Magnuson, IF

### Sprint Medley Relay

- 1 Duluth Central 3:40.4 (Taylor, Strother,  
Baker, Forbort)
- 2 Int. Falls
- 3 Forest Lake
- 4 Cloquet
- 5 Proctor
- 6 Greenway

### 220 Yd Dash

- 1 Tony Spinelli, Hib 23.0
- 2 John LaRoque, DEast 23.1
- 3 Kevin Peters, Cloq
- 4 Willie Taylor, DCent
- 5 Don Johnson, Prince
- 6 Todd Udenberg, TH

### Two Mile Run

- 1 Lee Kantonen, Cloq 9:32.0
- 2 Bill Hafdahl, Vir 9:42.4
- 3 Tim Malone, DCent
- 4 Ron Brisbois, Hibb
- 5 Kevin LeBeau, Cambr
- 6 Lee Wade, DCent

### Mile Relay

- 1 Duluth Denfeld 3:26.3 (Tim Potvien,  
Pearson, Brechlin, Tom Potvien)
- 2 Duluth Central
- 3 St. Francis
- 4 Proctor
- 5 Hibbing
- 6 Virginia

**Notes:**