

1979 Region 3AA-

Teams: Alexander Ramsey 103, SP Central 80, SP Harding 51, Park-CG 49, Woodbury 38, South St. Paul 36, Cretin 36, Sibley 28, SP Humboldt 22, Kellogg 22, SP Highland Park 14, St. Thomas Academy 10, SP Johnson 7, Hastings 0, SP Washington 0.

110 Meter High Hurdles

- 1 Bob Sobieck, Ram 15.1
- 2 Jeff Reis, Humb 15.1
- 3 Bill Jahner, SSP 15.3

100 Meter Dash

- 1 Andre Billups, Cen 10.8
- 2 Royal Gooden, Hard 11.0
- 3 Dean Stedtfeldt, Hard 11.1

1600 Meter Run

- 1 Paul Kelley, Ram 4:29.9
- 2 Mike Fredrickson, Cret 4:30.0
- 3 Mike Moran, Park 4:30.2

400 Meter Relay

- 1 Central 43.3
- 2 Harding 43.6
- 3 South St. Paul 43.8

400 Meter Dash

- 1 Billy Joe Watts, Cen 50.4
- 2 Chris Unger, Cret 50.9
- 3 Chad Kelly, Sib 51.5

300 M Intermediate Hurdles

- 1 Bob Sobieck, Ram 40.2
- 2 Jeff Reis, Humb 40.7
- 3 Brian McGinn, Sib 41.4

800 Meter Run

- 1 Dave Yasmineh, Kell 1:57.6
- 2 Glen Martin, Wood 1:58.2
- 3 Tom Tamara, John 1:59.0

Sprint Medley Relay

- 1 Park 3:38.3
- 2 Ramsey 3:38.5
- 3 Cretin 3:43.3

200 Meter Dash

- 1 Andre Billups, Cen 22.0
- 2 Dean Stedtfeldt, Hard 22.4
- 3 Royal Gooden, Hard 22.6

3200 Meter Run

- 1 Joe Nicklay, Wood 9:26.4
- 2 Dave Brown, Cen 9:31.0
- 3 Bryan Moen, HP 10:00.6

1600 Meter Relay

- 1 Central 3:25.0
- 2 Park 3:26.2
- 3 Ramsey 3:29.3

High Jump

- 1 Frank Tschida, Ram 6-5
- 2 Paul Grandahl, Hard 6-4
- 3 Paul Kaufer, Wood 6-4

Pole Vault

- 1 Ken Frank, SSP 13-6
- 2 Brad Howe, Sib 12-0
- 3 Bob Peterson, Hard 12-0

Long Jump

- 1 Jeff Conley, Cen 20-5
- 2 John Bailey, Wood 20-1
- 3 John Koller, STA 19-10.75

Shot Put

- 1 Kevin Pattain, Cen 51-9.5
- 2 Bernie Colaizy, Cret 51-1.75
- 3 Dale Williams, Park 47-6.25

Discus

- 1 John Cardinal, Ram 153-6
- 2 Kevin Engebretson, Park 143-11
- 3 Bob Kath, Ram 141-0

Notes: Alexander Ramsey was coached by Duane Skie.