

1979 Region 4AA- May 21 & 23, 1979 - Mounds View (prelims) - St. Paul Park (finals)

Teams: North St. Paul 54, Coon Rapids 51, White Bear Lake 50, Blaine 49, Mariner 46, Stillwater 44, Elk River 42, Irondale 37, Forest Lake 33, Mounds View 30, Anoka 24, Hill-Murray 19, Centennial 9, Spring Lake Park 8, St. Anthony 0, Tartan 0.

110 Meter High Hurdles

- 1 Rick Steblay, Elk R 14.4
- 2 Rick Ratte, Stillw 14.6
- 3 Scott Kohls, FL 14.8
- 4 Davis, CR 15.0
- 5 Hartlieb, BI 15.1
- 6 Swartz, NSP 15.3

100 Meter Dash

- 1 Kurt Erickson, NSP 10.9
- 2 John Irber, CR 11.1
- 3 Herron, Irond 11.1
- 4 McLaughlin, BI 11.1
- 5 McDonald, BI 11.2
- 6 Berggren, Cent 11.4

1600 Meter Run

- 1 Mike Gebeke, Marin 4:14.5
- 2 Gary Delaney, WBL 4:24.3
- 3 Vincent, BI 4:32.5
- 4 Aguillar, NSP 4:33.7
- 5 Bakken, CR 4:34.2
- 6 Reuter, Marin 4:35.1

400 Meter Relay

- 1 Blaine 43.7
- 2 Elk River 44.2
- 3 North St. Paul 44.2
- 4 Spring Lake Park 44.3
- 5 Irondale 45.1
- 6 Coon Rapids 46.1

400 Meter Dash

- 1 John Yurkovich, NSP 49.5
- 2 Brad Larson, CR 50.1
- 3 Herbert, Irond 50.5
- 4 Webber, Elk R 51.7
- 5 Shackle, Centen 51.8
- 6 Singer, H-M 52.0

300 M Intermediate Hurdles

- 1 Rick Steblay, Elk R 38.2
- 2 Pete Birkeland, WBL 38.9
- 3 Bob Herron, Irond 38.9
- 4 Rick Ratte, Stillw 39.3
- 5 Bergen, Centen 39.4
- 6 Swartz, NSP 40.3

800 Meter Run

- 1 Dan Conners, H-M 1:56.1
- 2 Jeff Taylor, Mariner 1:57.0
- 3 Heubner, BI 1:57.1
- 4 Heitzman, Anoka 1:57.5
- 5 Rogers, BI 1:57.8
- 6 Shimek, BI 1:59.5

Sprint Medley Relay (Yards?)

- 1 Mariner 3:32.0
- 2 White Bear 3:35.9
- 3 North St. Paul 3:38.5
- 4 Centennial 3:39.6
- 5 Blaine 3:42.1
- 6 Mounds View 3:42.3

200 Meter Dash

- 1 Rick Steblay, Elk R 22.7
- 2 John Irber, CR 22.8
- 3 Erickson, NSP 22.8
- 4 Dwyer, SprLP 22.8
- 5 Yorkovich, NSP 23.0
- 6 Sinn, H-M 23.3

Two Mile Run (Yards?)

- 1 Dan Carlson, Stillw 9:38.5
- 2 Mark Moraczewski, FL 9:38.7
- 3 Atkins, BI 9:46.4
- 4 Sevenich, H-M 9:48.6
- 5 Joyce, H-M 9:52.3
- 6 Kent, Marin 9:58.5

1600 Meter Relay

- 1 Coon Rapids 3:24.2
- 2 Irondale 3:24.6
- 3 White Bear 3:24.8
- 4 Mounds View 3:27.3
- 5 North St. Paul 3:27.7
- 6 Hill-Murray 3:28.2

High Jump

- 1 Van Troup, MV 6-9
- 2 Jim Herbert, Irond 6-5
- 3 Bohanon, Anoka 6-4
- 4 Anderson, CR 6-4
- 5 Johnson, Marin 6-2
- 6 Woodward, MV 6-2

Pole Vault

- 1 Dan Wolfram, WBL 13-3
- 2 Brian Albertson, Stillw 13-3
- t3 Rethke, MV 13-0
- t3 Haberman, CR 13-0
- 5 Miller, Stillw 12-6
- 6 Falconer, CR 12-6

Long Jump

- 1 John Johnson, Marin 21-0.25
- 2 Brett Weicher, Anoka 20-11.5
- 3 Bohanon, Anoka 20-10.5
- 4 Wheeler, MV 20-9
- 5 B. Parnell, MV 20-6.5
- 6 Anderson, MV 20-2.5

Shot Put

- 1 Rob McGarry, Stillw 58-7.5
- 2 Brian Ruud, BI 54-9.5
- 3 Dolan, FL 54-6.5
- 4 Kendrick, FL 54-6
- 5 Rohde, MV 54-1.5
- 6 Reaves, Ir 53-9.75

Discus

- 1 Fred Espe, WBL 170-4
- 2 Paul Kendrick, FL 162-6
- 3 Mogren, NSP 159-2
- 4 Kostoe, Marin 156-1
- 5 McGarry, Stillw 154-4
- 6 Dolan, FL 154-0

Notes: North Saint Paul was coached by John King. Finals in Medley & Two Mile were on Monday at Mounds View. I think MV still had a 440 yard track because results for the 8 lap race was recorded as a two mile.