

1979 Region 5AA- May 23 & 25, 1979 - Park Center

Teams: Mpls Central 99.33, Park Center 67, Osseo 44, Mpls Washburn 42.33, Fridley 38, Mpls Southwest 30.33, Benilde-St. Margaret 30, Mpls North 25, Mpls Edison 24, Columbia Heights 21, Mpls Henry 20, Mpls Roosevelt 17, Brooklyn Center 16, Mpls West 12, Mpls South 8, Fridley Grace 2.

120 Yard High Hurdles

- 1 Paul Najarian, Central 15.0
- 2 Leon Duda, Benilde 15.1
- 3 Steve Born, Roosevelt 15.2
- 4 Michael Brown, Central 15.2
- 5 Charles Houts, Southwest 15.3
- 6 Curt Brekke, Brooklyn Ctr 15.4

100 Yard Dash

- 1 Jeff Byrd, Central 9.7
- 2 Tony Blake, Osseo 10.0
- 3 Doug Braziel, North 10.0
- 4 Tom Bradley, Fridley 10.1
- 5 Tony Massengill, North 10.1
- 6 Tom Frankenfield, Fridley 10.5

Mile Run

- 1 Dave Gross, Washburn 4:19.8
- 2 Kurt Holmgren, Park Center 4:24.1
- 3 Billy Leon, Henry 4:26.2
- 4 Dan Roach, Southwest 4:26.7
- 5 Wayne Otto, Henry 4:36.6
- 6 John Doyle, Osseo 4:40.2

440 Yard Relay

- 1 Central 43.9
- 2 North 44.0
- 3 Fridley 44.4
- 4 Park Center 44.6
- 5 Southwest 44.9
- 6 Columbia Heights 45.4

440 Yard Dash

- 1 Larry Kinde, Edison 50.8
- 2 Dave Seymour, Central 51.2
- 3 Keith Royle, Park Center 51.6
- 4 Geoff Cich, Benilde-SM 52.0
- 5 Greg Black, Park Center 52.7
- 6 Mike Turnquist, Park Center 53.0

300 M Intermediate Hurdles

- 1 Jeff Borgman, Fridley 40.3
- 2 Josh Cohn, Southwest 40.4
- 3 Michael Brown, Central 40.5
- 4 Leon Duda, Benilde-SM 41.4
- 5 Robert Johnson, Central 41.4
- 6 Steve Owens, Roosevelt 41.4

880 Yard Run

- 1 Bob Reed, Osseo 1:58.5
- 2 Rob Tieman, Washburn 1:59.2
- 3 Mike Wolf, Columbia Heights 1:59.6
- 4 Jim Farrell, West 2:02.1
- 5 Tom Jacob, Washburn 2:02.2
- 6 Steve Fischer, Benilde-SM 2:02.3

Sprint Medley Relay

- 1 Washburn 3:35.9
- 2 Central 3:38.8
- 3 Benilde-SM 3:39.6
- 4 Southwest 3:44.8
- 5 Park Center 3:45.3
- 6 Osseo 3:47.0

220 Yard Dash

- 1 Jeff Byrd, Central 22.3
- 2 Tom Bradley, Fridley 22.7
- 3 Doug Braziel, North 23.1
- 4 Steve Mruz, Henry 23.2
- 5 Glen Thompson, North 23.7
- 6 John Hollins, Central 23.9

Two Mile Run

- 1 Bob Morris, Osseo 9:35.4
- 2 Mark Gladhill, Henry 9:40.6
- 3 Tom Traynor, Southwest 9:45.4
- 4 Dave Sharp, Roosevelt 9:47.0
- 5 Rich Powell, Southwest 9:52.8
- 6 Vince Fabel, North 9:56.4

Mile Relay

- 1 Central 3:25.5
- 2 Osseo 3:28.1
- 3 Benilde-SM 3:28.1
- 4 Park Center 3:31.2
- 5 Southwest 3:31.6
- 6 Washburn 3:32.4

High Jump

- 1 Paul Pitschke, Park Center 6-2.25
- 2 Mike Evelius, Brooklyn Ctr 6-2
- 3 David Page, Brooklyn Ctr 6-2
- 4 Steve Bushnell, Fridley 6-2
- 5 David Kane, Roosevelt 6-0
- 6 Robert Stevenson, Central 5-10
- 6 Jim Barr, Washburn 5-10
- 6 Jeff White, Southwest 5-10

Pole Vault

- 1 Brad Sutherland, Central 12-6
- 2 Bob Murray, West 12-6
- 3 Pat Hanson, Fridley 12-0
- 4 Tim Barr, Washburn 12-0
- 5 Paul Huntsman, PC 12-0
- 6 Tim Lindman, Brooklyn Ctr 12-0

Long Jump

- 1 Jeff Byrd, Central 22-1.75
- 2 Craig Brannon, Columbia Heights 22-0.25
- 3 Jim Schroer, Park Center 20-11.75
- 4 Shawn Gilchrist, Washburn
- 5 Don Neifert, Washburn 20-1.5
- 6 Chuck Haben, Benilde-SM 20-1.5

Shot Put

- 1 Gregg Bartlett, Park Center 55-10
- 2 Jeff Moritko, Edison 50-6
- 3 Greg Hagfors, Columbia Heights 49-2.5
- 4 Jesse Quam, Roosevelt 48-1.5
- 5 Pat Biegert, Osseo 48-0
- 6 Bruce Kronen, Park Center 47-10.5

Discus

- 1 Gregg Bartlett, Park Center 173-10
- 2 Bob Ness, South 151-6
- 3 Jeff Moritko, Edison 149-0
- 4 Pat Biegert, Osseo 145-2
- 5 Terry Thomson, Grace 142-7
- 6 Larry Krynski, Park Center 138-11

Notes: Central was coached by Levain Carter.