

1979 Region 7A- Friday, May 25, 1979 at Grand Rapids

Teams: Esko 86, Silver Bay 53, Duluth Cathedral 48, Carleton 46, Ely 45.5, Pine City 31, Nashwauk-Keewatin 30, Gilbert 22, Chisholm 18, Moose Lake 14, North Branch 13, Biwabik 11, Cotton 8, Bigfork 8, Remer 6, Eveleth 4, Sandstone 4, Hinckley 3, Mountain Iron 2, AlBrook 2, Barnum 2, McGregor 1, Cherry 1, Askov 0.5

120 Yard High Hurdles

- 1 Bill Wavrin, Ely 16.0
- 2 Doug Frericks, SB 16.0

100 Yard Dash

- 1 Tom Napoli, Cath 10.5
- 2 Nick Damjanovich, N-K 10.5

One Mile Run

- 1 Gerry Kauma, Esko 4:30.0
- 2 Doug Palmquist, Chis 4:32.1

440 Yard Relay

- 1 Cathedral 44.6 ** (Dahl, Schoenberg, Richards, Napoli)

440 Yard Dash

- 1 Mike Sunnarborg, Esko 51.2
- 2 Glen Kuopus, Cott 51.3

330 Yard Intermediate Hurdles

- 1 Bill Wavrin, Ely 40.6
- 2 Joe Polocnik, Gilb 41.1

880 Yard Run

- 1 Tom Nelson, Pine C 2:01.2
- 2 Pete Moore, SB 2:02.9

Sprint Medley Relay

- 1 Esko 3:43.5 (Rengo, Mi Sunnarborg, Peletier, Kauma)

220 Yard Dash

- 1 Tom Napoli, Cath 23.1
- 2 Nick Damjanovich, N-K 23.3

Two Mile Run

- 1 Tom Nelson, Rush City 9:46.8
- 2 Leo Komunen, Esko 9:56.7

One Mile Relay

- 1 Esko 3:30.7 (Kauma, Mark Sunnarborg, Peletier, Mike Sunnarborg)

High Jump

- 1 Tim Evanson, SB 6-1
- 2 Mark Thompson, Carl 6-1

Pole Vault

- 1 Chris Harristhal, Ely 12-6.5
- 2 Tim Evanson, SB 11-0

Long Jump

- 1 Chris Harrison, Pine C 19-8.75
- 2 Greg Hill, Cook 19-8.5

Shot Put

- 1 Judd Frahm, SB 51-9.5
- 2 Kevin Tomezak, Moose L 51-6.5

Discus

- 1 Mike Solomon, Esko 142-1
- 2 Dan Balach, Morgan Pk 140-8

Notes: Esko was coached by Herb Helinski.

Morgan Park was missing from official team scores, but had at least 8 from the Discus.