

1980 Region 3AA Championship

Teams: Alexander Ramsey 88, Park of CG 70, St. Paul Highland Park 64, South St. Paul 60, St. Thomas Academy 34, St. Paul Central 30, St. Paul Harding 29, Woodbury 26.5, Frank Kellogg 26.5, Sibley 20, Cretin 18, Hastings 17, St. Paul Johnson 8, St. Paul Como Park 3, St. Paul Humboldt 0

100

- 1 Stacy Robinson, Central 11.0
- 2 Clark Johnson, Ramsey 11.1
- 3 Jim Graybill, Harding 11.4

200

- 1 Stacy Robinson, Central 21.9
- 2 Clark Johnson, Ramsey 22.3
- 3 Brian Phenegar, Ramsey 22.5

400

- 1 Chris Unger, Cretin 49.9
- 2 Dave Zachary, HP 50.8
- 3 Mike Bridgeford, Central 50.8

800

- 1 Mike Moran, Park 1:54.8
- 2 Dave Yasmineh, Kellogg 1:56.5
- 3 Dave Richardson, Johnson 1:58.9

1600

- 1 Tom Seymour, STA 4:27.3
- 2 Dan Dean, Kellogg 4:30.8
- 3 J Pietruszewski, SSP 4:33.0

3200

- 1 Matt Johnstone, STA 9:45.0
- 2 Roger Sutton, Woodbury 10:02.5
- 3 Dan McKeown, Woodbury 10:08.0

High Hurdles

- 1 Bob Sobieck, Ramsey 14.9
- 2 Joe Tucker, HP 15.3
- 3 Bob Sieh, Hastings 15.6

Intermediate Hurdles

- 1 Bob Sobieck, Ramsey 39.6
- 2 Joe Tucker, HP 39.9
- 3 Mike Jensen, HP 40.0

400 Relay

- 1 Ramsey 42.7
- 2 Park 43.9
- 3 South St. Paul 44.1

1600 Relay

- 1 Highland Park 3:24.2
- 2 Park 3:26.4
- 3 Kellogg 3:28.3

Sprint Medley Relay

- 1 Park 3:36.0
- 2 Ramsey 3:38.5
- 3 Highland Park 3:41.8

Shot Put

- 1 Jeff Wetzal, Harding 56-1.5
- 2 Steve Dobin, Park 51-7
- 3 Davie Roth, Ramsey 50-4.5

Discus Throw

- 1 Mark Johnson, SSP 147-9
- 2 Kevin Engebretson, Park 145-2
- 3 Eric Dammer, Park 142-5

Long Jump

- 1 Mike Pursley, Woodbury 21-6.25
- 2 Steve Veldman, SSP 21-1.5
- 3 Bob Peller, Cretin 20-9.5

High Jump

- 1 Warner Gibbs, STA 6-4
- 2 John Hnachcenko, Sibley 6-4
- 3 Paul Grendahl, Harding 6-2

Pole Vault

- 1 Jim Laron, SSP 13-0
- 2 John Lang, SSP 12-6
- 3 F. Johnson, SSP 12-6

Notes: