

# 1980 Region 5A Championship

at Sartell on Thursday, May 22nd

**Teams:** Paynesville 46, Holdingford 42, Dassel-Cokato 41, St. Michael-Albertville 38, Foley 31, Delano 30, Minnehaha Academy 28, Crosby-Ironton 27, Mora 25, Foley 24, Howard Lake Waverly 23, Pierz 22, Braham 22, Monticello 22, Big Lake 13, Waconia 12, St. Cloud Cathedral 11, Onamis Crosier 11, Albany 10, Breck 8, Mpls Marshall-University 8, Atwater 6, Blake 6, DeLaSalle 6, Sartell 6, Watertown-Mayer 6, Grey Eagle 4, Becker 3, Annandale 2, Mpls Lutheran 1.

## 100

- 1 Scott Shoutz, Del 11.7
- 2 Mike Thylen, Paynesv 11.8
- 3 Dan Jorgenson, D-C 11.8
- 4 Mark Mehr, Holdingf 12.0
- 5 Tom Loidolt, Pierz 12.1
- 6 Jon Jancik, Crosier 12.2

## 200

- 1 Scott Shoutz, Del 23.0
- 2 Jon Jancik, Crosier 23.5
- 3 Troy Mork, Mora 23.5
- 4 Jeff Huggett, Big Lk 23.6
- 5 Mark Mehr, Holdingf 23.8
- 6 Joe Torgerson, Mora 23.9

## 400

- 1 Scott Shoutz, Del 50.1
- 2 Troy Mork, Mora 50.3
- 3 Dan Jorgenson, D-C 50.3
- 4 Scott Weller, HL-W 51.7
- 5 Jon Jancik, Crosier 51.8
- 6 Pete Hark, SCC 52.3

## 800

- 1 Mark Young, Crosby-I 1:59.4
- 2 Dave Jorgenson, D-C 2:00.4
- 3 Mark Quail, Waconia 2:01.2
- 4 Louie Wojack, DLS 2:01.9
- 5 Larry Wendroth, Paynesville 2:02.3
- 6 Greg Mortenson, Montic 2:02.4

## 1600

- 1 Paul Robeck, St. Michael-A 4:31.6
- 2 Jeff Nitschke, Marshall-U 4:34.0
- 3 Nelson Lance, Foley 4:37.6
- 4 Bill ohs, SC Cath 4:37.8
- 5 Phil Ankeny, Blake 4:39.9
- 6 Brent Picken, Annand 4:42.4

## 3200

- 1 John Perleberg, Pierz 9:53.7
- 2 Kelly Frazier, Crosby-I 9:55.8
- 3 Randy Kuehn, Sartell 9:57.4
- 4 Tom Krousey, GrEagle 10:01.4
- 5 Kevin McKenna, DLS 10:19.3
- 6 Jeff Picken, Annand 10:24.8

## High Hurdles

- 1 Roman Riley, Minnehaha Ac 15.1
- 2 Tim Kollar, Big Lake 15.3
- 3 Ken Sowada, Holdingf 15.3
- 4 Mark Scheveck, HL-W 15.8
- 5 Chris Getchell, Mnhaha Ac 15.8
- 6 Brian Jensen, Montic 16.3

## Intermediate Hurdles

- 1 Brian Jensen, Montic 40.1
- 2 Mark Scheveck, HL-W 40.8
- 3 Jeff Janning, Watertown 40.8
- 4 Paul Whitehead, Braham 41.3
- 5 Paul Voss, Paynesville 41.6
- 6 Kent Adams, Blake 42.5

## 4x100 Relay

- 1 Mora 44.6
- 2 Paynesville 44.7
- 3 Minnehaha Ac 45.0
- 4 Holdingford 45.3
- 5 Breck 45.7
- 6 Big Lake 45.9

## 4x400 Relay

- 1 Dassel-Cokato 3:27.5
- 2 St. Michael-A 3:29.6
- 3 Monticello 3:32.9
- 4 Holdingford 3:33.3
- 5 Atwater 3:34.7
- 6 Crosby-I 3:35.0

## Sprint Medley Relay

- 1 Pierz 3:38.7
- 2 Crosby-I 3:42.5
- 3 Breck 3:46.1
- 4 Monticello 3:47.9
- 5 St. Michael-A 3:49.4
- 6 Kimball 3:49.5

## Shot Put

- 1 Tom Johnson, Paynesv 54-7 \*\*
- 2 Paul Faulk, Albany 54-5.5
- 3 Paul Schillo, HL-W 50-5.5
- 4 Cliff Ebnet, Holdingf 47-8.5
- 5 Kevin Blonigen, Albany 46-5.5
- 6 Al Jensen, Foley 45-9.5

## Discus Throw

- 1 Paul Whitehead, Braham 143-0
- 2 Tom Johnson, Paynesv 132-1
- 3 Jim Sexton, SC Cathedral 130-3
- 4 Jon Lilleberg, Atwater 130-1
- 5 Chris Wadman, Blake 129-2
- 6 Pete Stoker, Blake 124-10

## Long Jump

- 1 Roman Riley, Minnehaha Ac 23-6
- 2 Ken Sowada, Holdingf 22-1.25
- 3 Dave Jorgenson, D-C 21-3.5
- 4 Dan Jorgenson, D-C 21-2.5
- 5 Mark Becker, St M-A 20-3.5
- 6 Jim Wessman, D-C 20-2.5

## High Jump

- 1 Phil Suek, Holdingf 6-5
- 2 Tim Brown, Braham 6-4
- 3 Doug Scott, Foley 6-2
- t4 Bob Hood, Paynesville 5-10
- t4 Grady Lindbom, Becker 5-10
- 6 Mark Scheveck, HL-W 5-10

## Pole Vault

- 1 Jeff DeRocher, Foley 13-0
- 2 Rick Johnston, St. Michael-A 12-6
- 3 John Fisher, Waconia 12-6
- 4 Chris Welle, Paynesville 12-6
- 5 Gordy Olson, Mpls Luth 12-6
- 6 Jim DeRocher, Foley 12-0

\*\* Meet Record

**Notes:** Paynesville coach was Jim Lauder.