

# 1980 Region 7A Championship at Grand Rapids on Friday, May 23rd

**Teams:** Biwabik 53, Silver Bay 48, Carlton 41, Esko 33, Duluth Cathedral 32, Nashwauk-Keewatin 28.5, Pine City 23, Ely 21, Taylors Falls 21, Chisholm 20, Remer 20, Greenway 20, Mountain Iron 19, Cook 15, Rush City 11, Moose Lake 11, Albrook 10, Cotton 10, Hinckley 7, Gilbert 6, Barnum 6, Hermantown 5.5, Orr 4, Sandstone 4, Eveleth 4, Cherry 4, Morgan Park 2, Big Fork 1, Buhl 0, Chisago Lks 0, Tower-Soudan 0, Askov 0.

## 100

- 1 Mark Stish, N-K 11.4
- 2 Jeff Anderson, TF 11.5
- 3 Jim Richards, Cath 11.6
- 4 Myron Israelson, Albr 11.7
- 5 Gary Carlson, ML 11.7

## 200

- 1 Jeff Anderson, TF 23.0
- 2 Mark Stish, N-K 23.1
- 3 Todd Braaten, Biw 23.2
- 4 Mark Grahek, Ely 23.3
- 5 Myron Israelson, Albr 23.3

## 400

- 1 Glen Kuopus, Cott 50.7
- 2 Greg Saarela, Biw 51.0
- 3 Jim Richards, Cath 51.5
- 4 Rick Frericks, SB 51.8
- 5 Dean Kuhlman, ML 52.5

## 800

- 1 Tom Nelson, PC 1:58.8
- 2 Pete Moore, SB 2:03.7
- 3 John Paulson, Cath 2:04.5
- 4 Mike McNeil, Ely 2:06.4
- 5 Steve Burich, Greenw 22:07.6

## 1600

- 1 Tom Nelson, Rush C 4:28.4
- 2 Doug Palmquist, Chis 4:28.9
- 3 Martin Rock, Cath 4:34.4
- 4 Gus Yaber, Carl 4:37.3
- 5 Rudy Egli, TF 4:40.6

## 3200

- 1 Jeff Vitali, Chis 9:39.7
- 2 Skip Oberfoel, Remer 10:00.2
- 3 Tim Magnuson, Barnum 10:03.8
- 4 Rob Maki, Esko 10:13.5
- 5 Mark Hobbs, MP 10:18.0

## High Hurdles

- 1 Doug Frericks, SB 15.3
- 2 Kevin Carpenter, Remer 15.5
- 3 Dean Ribich, Biw 15.7
- 4 Randy Zorn, Mt Ir 15.9
- 5 John Stanianski, Carl 16.1

## Intermediate Hurdles

- 1 Dean Ribich, Biw 40.5
- 2 Doug Frericks, SB 40.5
- 3 John Stanianski, Carl 40.6
- 4 Jeff Carlson, Albr 41.2
- 5 Kevin Carpenter, Remer 41.5

## 4x100 Relay

- 1 Nashwauk-K 44.9
- 2 Biwabik 45.5
- 3 Eveleth 45.7

## 4x400 Relay

- 1 Biwabik 3:28.9
- 2 Ely 3:30.0
- 3 Moose Lake 3:30.5

## Sprint Medley Relay

- 1 Carlton 3:43.0
- 2 Cathedral 3:48.4
- 3 Gilbert 3:48.6

## Shot Put

- 1 Mike Solomon, Esko 53-10
- 2 Troy Hawkshead, SB 50-11.5
- 3 Tom Kosovich, Mt Ir 49-2
- 4 Dean Jenson, Herm 47-10
- 5 Rick Hoshal, Greenw 45-9.5

## Discus Throw

- 1 Mike Solomon, Esko 144-10
- 2 Tom Kosovich, Mt Ir 130-8
- 3 Brian Breaufleaux, Hinck 125-0
- 4 Greg Landgren, Orr 124-5
- 5 Dave Zalaker, Chis 123-8

## Long Jump

- 1 Greg Hill, Cook 20-10
- 2 Chris Harrison, PC 20-5
- 3 Steve Burich, Greenw 19-11.5
- 4 Pratt, Sand 19-9.25
- 5 Mark Coughlin, Carl 19-6.5

## High Jump

- 1 Tom Nelson, PC 6-5
- 2 Mark Thompson, Carl 6-3
- t3 Keith Cramer, Ely 6-1
- t3 Bill Kaffine, Evel 6-1
- t3 Mike Parentaau, Cherry 6-1

## Pole Vault

- 1 Kent Soltzak, Greenw 11-6
- 2 Todd Pelkey, SB 11-6
- 3 John Hietala, Esko 11-6
- 4 James Oles, Carl 11-0
- 5 Scott Astel, Carl 11-0

\* Ties Meet Record

\*\* New Meet Record

**Notes:**