

1983 Region 5AA- June 3 & 4, 1983 - Osseo

Teams: Mpls Roosevelt 97, Osseo 92, Mpls North 68, Park Center 57, Mpls Washburn 51, Holy Angels 39, Mpls South 35, Fridley 24, Totino Grace 21, Benilde-St. Margaret 18, Mpls Edison 16, Mpls Henry 7, Mpls Southwest 2.

110 Meter High Hurdles

- 1 Tony Day, Washburn 15.1
- 2 Bill Singer, Fridley 15.1
- 3 Gary Pegues, Park Center 15.3
- 4 John McPherson, Roosevelt 15.9
- 5 Jeff Williams, North 16.2
- 6 Kevin Clark, Edison 16.2

100 Meter Dash

- 1 Lorenzo Martin, Central 11.1
- 2 Gerald Gill, North 11.1
- 3 Jeff Robinson, North 11.3
- 4 Dave Hamner, Fridley 11.5
- 4 Tracy Muse, Washburn 11.5
- 6 Delaine Crawford, North 11.6

1600 M. Sprint Medley Relay

- 1 Roosevelt 3:38.6
- 2 Osseo 3:40.7
- 3 Holy Angels 3:41.2
- 4 Washburn 3:43.7
- 5 North 3:47.8
- 6 Henry 3:48.3

1600 Meter Run

- 1 Jim Larranaga, Holy Angels 4:18.0
- 2 Robert Durham, Central 4:19.0
- 3 Andy Bahn, Osseo 4:20.9
- 4 Dave Knox, Osseo 4:21.5
- 5 John Bielinski, Roosevelt 4:24.3
- 6 Josh Bunker, South 4:30.7

400 Meter Relay

- 1 North 43.2
- 2 Osseo 44.2
- 3 Roosevelt 44.7
- 4 Holy Angels 44.8
- 5 Park Center 45.7
- 6 Benilde-SM 46.3

400 Meter Dash

- 1 Richard Harkwell, Grace 48.9
- 2 Lorenzo Martin, Central 49.8
- 3 Mark Mahre, Roosevelt 51.3
- 4 Chris Gemlo, Edison 51.5
- 5 Bronson McNeal, North 52.8
- 6 Jimmy Hodges, Roosevelt 53.0

300 M Intermediate Hurdles

- 1 Tony Day, Washburn 39.2
- 2 Bill Singer, Fridley 40.2
- 3 John McPherson, Roosevelt 40.2
- 4 Jeff Williams, North 41.9
- 5 Dave Zimmer, Roosevelt 42.5
- 6 Kevin Clark, Edison 42.7

800 Meter Run

- 1 Josh Bunker, South 1:55.6
- 2 Robert Durham, Central 1:57.0
- 3 Jim Larranaga, Holy Angels 1:58.3
- 4 Brian Hoelscher, Osseo 1:59.4
- 5 Dave Jones, Roosevelt 1:59.8
- 6 Jeff Lenzmeier, Grace 2:02.1

200 Meter Dash

- 1 Joe Fuller, Central 22.2
- 2 Lorenzo Martin, Central 22.3
- 3 Ed Manning, Henry 22.4
- 4 Matt Parsons, Park Center 22.8
- 5 Dave Hamer, Fridley 23.0
- 6 Tony Littlejohn, Park Center 23.1

3200 Meter Run

- 1 John Bielinski, Roosevelt 9:27.1
- 2 Andy Bahn, Osseo 9:31.5
- 3 Dave Knox, Osseo 9:54.2
- 4 Peter Hanson, Washburn 9:57.2
- 5 Eric Munkeby, Benilde-SM 9:57.7
- 6 Rich Stromwall, Park Center 9:59.3

1600 Meter Relay

- 1 Grace 3:26.3
- 2 Roosevelt 3:28.1
- 3 Osseo 3:29.9
- 4 Washburn 3:31.7
- 5 Park Center 3:33.1
- 6 North 3:36.6

High Jump

- 1 Bob Flett, Osseo 6-5
- 2 Larry Thomas, South 6-4
- 3 Tim Smith, South 6-3
- 4 Kevin Liddiard, Holy Angels 6-1
- 5 Brian Hince, Osseo 6-0
- 6 T. Vanderheyden, Park Center 6-0

Pole Vault

- 1 Darryl Wesloh, Park Center 13-6
- 2 Erling Ringquist, Roosevelt 12-6
- 3 John Muzynski, Henry 11-6
- 4 Mike Misakian, Fridley 11-6
- 5 Jeff Doty, Park Center 11-0
- 6 John Flynn, Holy Angels 11-0

Long Jump

- 1 Gary Peques, Park Center 21-8.5
- 2 Joe Blake, Holy Angels 21-1
- 3 Christian Ola, North 20-9.25
- 4 Tim Smith, South 20-9
- 5 Mike Rogers, Benilde-SM 20-3
- 6 Alonzo Dotson, Roosevelt 19-8

Triple Jump

- 1 Gary Peques, Park Center 43-10.5
- 2 Christian Ola, North 43-8.5
- 3 Tim Smith, South 42-0.5
- 4 Joe Blake, Holy Angels 41-9
- 5 Mike Roach, Southwest 40-2
- 6 Dave Hofstad, Roosevelt 39-2.25

Shot Put

- 1 Rob Bianchi, Benilde-SM 50-4.5
- 2 Darren Johnson, Osseo 48-0
- 3 Scott Ruegerner, Osseo 47-9.5
- 4 Dan Seitz, Osseo 45-8
- 5 Dave Pohlen, Benilde-SM 44-8
- 6 Nathan Forystek, Park Center 44-6

Discus

- 1 Nathan Forystek, Park Center 148-0
- 2 Mike Enos, Osseo 140-6
- 3 Dan Krier, Edison 137-11
- 4 Darren Johnson, Osseo 136-6
- 5 Shawn Bauer, Park Center 135-11
- 6 Dave Pohlen, Benilde-SM 131-1

Notes: Minneapolis Roosevelt was coached by Freeman McInroy. Traditional Region 5AA power Minneapolis Central closed after the 1982 season.