

## 1984 Region 5AA- June 1 & 2, 1984 - Osseo

Teams: Mpls Roosevelt 106, Osseo 63, Minnehaha Academy 61, Park Center 50, Mpls North 38, Mpls South 38, Benilde-St. Margaret 38, Mpls Henry 34, Holy Angels 31, Totino Grace 26, Fridley 18, Mpls Southwest 12, Mpls Washburn 6, Mpls Edison 0.

### 110 Meter High Hurdles

- 1 Erick Johnson, Minnehaha 15.5
- 2 David McCorvey, North 15.5
- 3 Jeff Williams, North 15.6
- 4 Ira Ferguson, Roosevelt 15.8
- 5 Paul Kauth, Southwest 15.9
- 6 Jamie Kastmar, BSM 15.9

### 100 Meter Dash

- 1 Lorenzo Martin, Central 10.8
- 2 Jason Crocker, Minnehaha 10.9
- 3 Terrell Sinkfield, Henry 11.0
- 4 Dave Hamer, Fridley 11.3
- 4 Alonzo Dotson, Roosevelt 11.3
- 6 Dan Bork, Holy Angels 11.5

### 1600 M. Sprint Medley Relay

- 1 South 3:35.0
- 2 Osseo 3:35.6
- 3 Park Center 3:37.1
- 4 North 3:40.0
- 5 Benilde-SM 3:41.2
- 6 Minnehaha 3:45.3

### 1600 Meter Run

- 1 Jim Larranaga, Holy Angels 4:15.9
- 2 John Long, Grace 4:21.2
- 3 John Bielinski, Roosevelt 4:22.7
- 4 Eric Belton, South 4:23.4
- 5 Joe Bohlke, Osseo 4:25.1
- 6 Scott Stordahl, South 4:25.5

### 400 Meter Relay

- 1 Roosevelt 43.5
- 2 North 44.0
- 3 Henry 44.1
- 4 Minnehaha 44.1
- 5 Grace 44.2
- 6 Park Center 44.9

### 400 Meter Dash

- 1 Richard Harkwell, Grace 48.5
- 2 Blaine Williams, Henry 49.6
- 3 Peter Graves, Washburn 49.9
- 4 Dave Hamer, Fridley 52.0
- 5 Doug Hill, Roosevelt 53.7
- 6 Pierre Burnaugh, North 56.2

### 300 M Intermediate Hurdles

- 1 Paul Dauth, Southwest 40.3
- 2 Erick Johnson, Minnehaha 40.6
- 3 David Boyd, Henry 40.8
- 4 Joe Rogers, Benilde-SM 40.9
- 5 Jeff Williams, North 41.5
- 6 Dan Stavedahl, Park Center 41.5

### 800 Meter Run

- 1 Jim Larranaga, Holy Angels 1:55.4
- 2 Josh Bunker, South 1:56.9
- 3 Eric Munkeby, Benilde 1:57.5
- 4 Matt Ferry, Osseo 1:59.5
- 5 Jeff Lenzmeier, Grace 1:59.8
- 6 Mike Johnson, Osseo 2:00.4

### 200 Meter Dash

- 1 Lorenzo Martin, Central 21.7
- 2 Jason Crocker, Minnehaha 22.1
- 3 Terrell Sinkfield, Henry 22.3
- 4 Brian Frank, Grace 22.8
- 5 Dave Hamer, Fridley 23.1
- 6 Blaine Williams, Henry 23.2

### 3200 Meter Run

- 1 John Bielinski, Roosevelt 9:33.6
- 2 Joe Bohlke, Osseo 9:39.0
- 3 Jesse Longley, Osseo 9:44.8
- 4 Eric Belton, South 9:47.5
- 5 Brian McCollar, Roosevelt 9:52.8
- 6 Mark Barrett, Osseo 9:58.4

### 1600 Meter Relay

- 1 Park Center 3:26.9
- 2 Osseo 3:28.1
- 3 Minnehaha 3:30.0
- 4 Benilde-SM 3:32.4
- 5 South 3:32.7
- 6 North 3:32.7

### High Jump

- 1 Keith Lewis, Roosevelt 6-3
- 2 Larry Thomas, South 6-2
- 3 John Nelson, Osseo 6-2
- 4 Bob Flett, Osseo 6-2
- 5 Mandell Henderson, North 6-0
- 6 Jerry Smith, Roosevelt 6-0

### Pole Vault

- 1 Erling Ringquist, Roosevelt 14-1.25
- 2 Mike Misakian, Fridley 12-0
- 3 Joe Arrell, Park Center 10-0

### Long Jump

- 1 Jeff McArthur, Holy Angels 21-4.75
- 2 Jason Crocker, Minnehaha 21-4.5
- 3 Mitch Rose, Roosevelt 20-3
- 4 Nathan Forystek, Park Center 19-7.25
- 5 Mike Rogers, Benilde-SM 19-2.25
- 6 David Boyd, Henry 19-1

### Triple Jump

- 1 Mitch Rose, Roosevelt 43-8
- 2 Selgio Marantto, Roosevelt 42-2
- 3 Andres Nelson, Minnehaha 41-6.5
- 4 Jerry Smith, Roosevelt 40-5.5
- 5 Erick Johnson, Minnehaha 40-0.5
- 6 Joe Rogers, Benilde-SM 39-10.25

### Shot Put

- 1 Nathan Forystek, Park Center 50-6
- 2 Mike Enos, Osseo 50-4.75
- 3 Mike Favor, North 49-5.25
- 4 Dave Pohlen, Benilde-SM 49-3.25
- 5 Tim Smith, Benilde-SM 48-9.75
- 6 Tim Walmann, Roosevelt 46-9.75

### Discus

- 1 Nathan Forystek, Park Center 152-10
- 2 Tim Smith, Benilde-SM 146-0
- 3 Mike Enos, Osseo 143-1
- 4 Mike Kalb, Benilde-SM 135-5
- 5 Jody Gottsman, Park Center 130-0
- 6 John Emerick, Osseo 129-0

**Notes:** Minneapolis Roosevelt was coached by Freeman McInroy.